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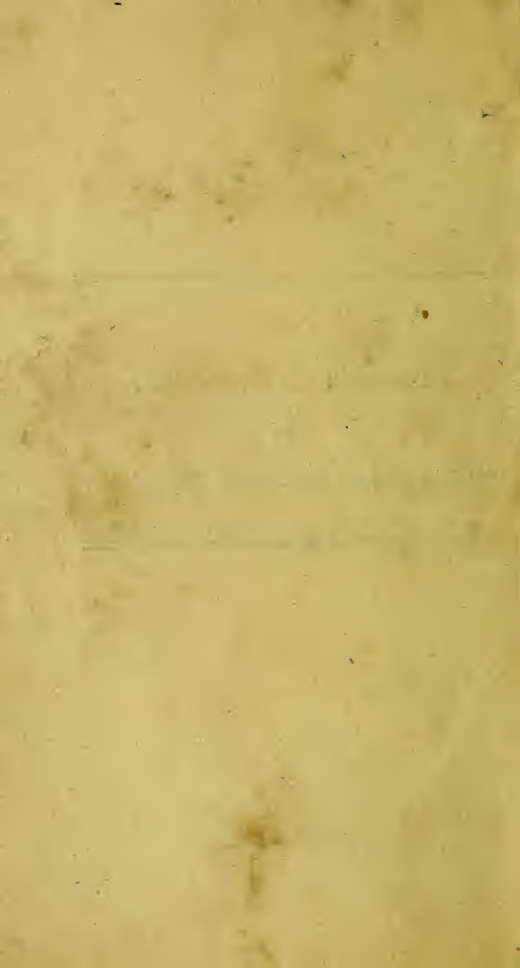




THE
POCKET ESCULAPIUS,

OR

Every Man his own Physician.



THE
POCKET
ESCULAPIUS;

OR,
Every Man his own Physician:

Intended chiefly for the
USE OF PRIVATE FAMILIES.

Containing a Number of
RECEIPTS,

Collected
BY A GENTLEMAN IN THE COURSE OF HIS
TRAVELS:

*Some of the most valuable of them during his
Residence among the Indian Tribes.*

ALL OF THEM APPROVED FROM EXPERIENCE.

Midendæ valetudeni nullam opem non adhibuit. SUET.

EDINBURGH:

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1806.

ENTERED IN STATIONERS' HALL.



TO THE PUBLIC.

THE Author of this little work, a foreigner by birth, has had occasion, in the course of his travels through various parts of Europe, Asia, and America, to collect a number of Medical Receipts, which he considers as of very great value. They are in general simple, and connected with none of the *arcana* of the profession; but they are uniformly safe: and he can truly affirm, that he has never known one instance, where they have been tried, and not found, in a greater or less degree, useful,

THERE are few maladies, to which the human frame is liable, for which a remedy will not be found in this little volume. It is printed on a size which will not be found cumbersome, even in the breeches-pocket. That it may prove of general utility, will gratify the Author's utmost wish respecting it.



THE
POCKET ESCULAPIUS ;

OR,

Every Man his own Physician.

1. AGUE.

THIS distemper is by no means so prevalent in Britain now, as formerly : Jesuit's Bark is an acknowledged specific ; but with the addition of the other articles mentioned, it will be found much more efficacious.

REC. Half an ounce of Bark,
40 grains of Snake-root, and
30 ditto of Salts of Wormwood,

Mixed, and divided into six doses ; one to be taken every two hours, after the shivering fit is off.

2. ASTHMA.

REC. One third of an ounce of Senna,
One half ounce Flour of Sulphur,
Two drams of Ginger, and
Half a dram of pounded Saffron,

Mixed up in four ounces of honey.

'Take the size of a walnut of this, night and morning. This medicine will give great relief in all asthmatic complaints; and, if persevered in, will prove very beneficial.

N. B. Abstain from malt liquors, and heavy or oily substances, such as nuts.

3. BLAST OINTMENT.

Rosemary,	Red Sage,
Mint,	Gooseberry leaves,
Camomile,	Angleset,
Lavendar,	Red Fennel,
Adder's Tongue,	Lemon Thyme,
Wormwood,	Levers-worth,
Plaintain, long and broad leaved,	Feathers Few,
Cedar-wood Chips,	Hartshorn,
Shepherd's Purse,	Savin,
Agremonia Roma,	Balm,
St John's Wort,	Rue, and
Ground Ivy,	Betteney.

Put eight pounds of fresh butter into a large brass pan; shred a handful of each of the above herbs, &c. over the butter, and make the ointment over a slow fire. It should be of a fine green colour, and will keep for many years. As the herbs will be found in greater strength and perfection in May, June, and July, this ointment should be prepared in one of these months.

No family should be without this ointment. It is useful in so many cases. It gives instantaneous relief in Scalds, Burns, Cuts, Bruises, &c. and will be found highly serviceable in all Eruptions, St Anthony's Fire, Ulcers, &c. It may be considered as containing the medical essence of the vegetable kingdom.

It need scarcely be mentioned, that the mode of using it is as follows; viz. spread it as a plaister usually is, but not too thick, and change the dressing every twenty-four hours.—Recent wounds will seldom require more than one, or at most two dressings.

Among the many wonderful cures performed by this ointment, we shall only mention two; both of which fell under the author's particular observation.

A very corpulent man fell through a trap door, and cut his heel down to the bone, in a most shocking manner. He was carried home, and put under the charge of an eminent surgeon, who, after ten days attendance, declared the leg to be in a state of mortification, and that nothing could save even the life of his patient, but amputation. Having accidentally heard the situation of this poor man mentioned in a public company, and much lamented, I paid him a visit. The smell of putridity arising from the wound was intolerable; and indeed its whole appearance very alarming. The distant chance of saving his leg which I held out to him, induced the poor man to put himself entirely under my charge. I got the sore cleaned as well as I could, and filled the hole with lint, above which I applied a plaister of Blast Ointment, which I dressed afresh every day. On the third day the appearance was completely altered; a natural colour appeared about the wound, and even symptoms of closing; and in fourteen days the poor man resumed his business.

As I was one day accidentally observing a carpenter at his work, and cutting a large beam of wood, his axe slipped aside, and the full force of the stroke came on his leg. After ordering him to be carried home, I run to my lodgings for a box of ointment. On reaching the carpenter's house, I found him lying in a faint, occasioned by the severe pain, and loss of blood. He with difficulty recovered. After cleaning the wound, and washing it with warm vinegar, I applied a plaister of Blast Ointment, which, to my surprise,

proved a complete styptic. He was fit for his work in four days.

When all the herbs cannot be procured, proceed with as many as possible : at same time, if severals are wanting, the following substitute will be found very useful.

4. PLAINTAIN CERATE.

Take a quantity of long and broad leafed Plantain, wipe them very clean from sand, shred them as small as possible, and mix them up with Spermaceti Salve, which can be had at any apothecary's. The plantain leaves should be put in in such quantity as to make the ointment quite green.

5. CANCER.

Spread a plaister of Diachylon with Gum on a piece of thin sheep leather, the size of the ulcer ; sprinkle upon it one scruple of the Corrosive Sublimate of Mercury pounded with the utmost care, as fine as possible ; apply it to the ulcer, and let it remain forty-eight hours at least ; when taken off, apply a bread and milk poultice, with a little Olive Oil, which must be frequently renewed, till the cancer is rooted out, which will be obvious from the fresh and healthy appearance of the sore ; after this is the case, it must be dressed as a common ulcer.

This application should be preceded by a smart purge or two ; a little sweet Calomel will answer well. If the patient is corpulent, a cooling regimen must be observed.

The frequent use of Bark is much recommended, both as forwarding digestion and a cure.

6. COLIC.

'Take three heads of good, sound Garlic, pound them in a mortar, and put them into a bottle of the best Holland Gin, and let it stand till the substance is fully extracted from the garlic.

This medicine improves by keeping, and no family should be without it. It may be depended upon, to give relief in all colics and gripings, arising from flatulencies, indigestion, &c. But this, as well as all other hot medicines, should be applied in an early stage of the complaint, because, when it has existed for some time, a greater or less degree of inflammation may have taken place.

The American Indians cure the colic, to which they are much subject, by taking as much Cayenne Pepper as will lie upon a sixpence, in a glass of the best Brandy.

7. CONSUMPTIONS.

A certain remedy for a confirmed Consumption of the Lungs is hitherto undiscovered; and all pretension to it are presumptuous. At same time, the appearance of this distemper often takes place, when the lungs are actually untouched, and in this case every palliative should be tried. The following prescription is so simple, that it may not be despised. The author has only to assert, that he has often witnessed its beneficial effects. The case of one gentleman, in particular, he would be culpable not to mention. After being reduced to the lowest state of imbecillity, so as to be altogether confined to bed, and given up by the faculty, he was

induced to resort to it, and in seven weeks recovered his usual good health.

The yolks of two new-laid Eggs beat in three table spoonfulls of Rose Water, well mixed in half an English pint of Milk just from the cow, sweetened with syrup of Capillaire, and a little Nutmeg grated over it.

'Take this mixtnre every morning, early, and, if perspiration does not prevent, endeavour to get a sleep after it.

* * * Carefully avoid spirituous and malt liquors: one or two glasses of generous wine, and a nourishing diet, will be very necessary. Too great abstinence, and low diet, are by no means adviseable.

8. COUGH.

REC. One gill of Florence Oil,
One ditto White Wine Vinegar,
One ditto Coniac Brandy,
One ditto Fine Honey,
One ounce of Fresh Lintseed,

all boiled together over a slow fire, strained, and kept for use. One table spoonfull to be taken regularly night and morning, and a little of it occasionally, when the cough is troublesome.

N. B. The similarity, in appearance, of this Medicine, to a far-famed Balsam, is very obvious. This preparation is much recommended.

9. CORNS.

Although the universal prevalency of Corns has occasioned some hundred prescriptions, it is seldom that this troublesome complaint is effectually eradicated. The following

mode of procedure is recommended, from the experience of benefit, by thousands.

Collect the berries of Honey-suckle, when fully ripe, bruise them well, extract the juice, and keep for use. Soak the feet well in warm water, cut them as close as possible, then apply a poultice of Honey-suckle juice for three nights successively; during the day apply the Family Plaister, (see No. 36.). In most cases a very few days will completely eradicate them.

10. CRAMP.

Whenever the Cramp seizes any of the extremities, hold firmly, in one hand, a roll of Brimstone, or a bunch of Rosemary, and the complaint will instantly subside. But whenever the cramp attacks inwardly, and approaches the stomach, give a full tea spoonful of Laudanum to a grown person (to younger in proportion) in a glass of Coniac Brandy. If the pain continues, repeat the glass of brandy alone. Any person subject to the cramp, should make it their business to procure genuine brandy; it is a valuable remedy in all these complaints. Claret is most pernicious, and should be avoided as poison.

The American Indians never fail in curing the cramp, as they do the colic, viz. by a pinch of fresh Cayenne in a glass of brandy.

11. CONVULSIONS.

Take equal quantities of Rue, and Groundsell that never flowers; bruise them well together in a mortar, strain them, and bottle the juice for use.

A table-spoonful is a dose for a grown person, a tea-spoonful for a child.

12. DIARRHOEA, OR LOOSENESS.

REC. One English Pint of sweet Milk,
One Ounce double-refined Sugar,
One Ounce of Mutton Suet, and
One-fourth of an Ounce of Cinnamon,

Boil them together on a slow fire, and take them warm.

Should the disease resist this prescription, the following may be taken with every probability of success:

One-third of a gill, or two ounces, best distilled Anise Seeds, with a considerable quantity of Nutmeg grated into it, and taken at three times.

13. DIARRHOEA,

Accompanied with Pain in the Bowels.

Procure the roots of the Bramble-bush, take a handful of them, and shred them very small; boil them in a quart of water, till reduced to one half; sweeten it with honey, or burn raw Sugar, or melt Sugar-candy into it. To this add a glass of burnt Rum, or other good spirits.

14. DEAFNESS.

Warm four or five drops of Hungary-water in a tea-spoon, and drop them into the ear when in bed; stop the ear with

black wool, lying on the opposite side. Repeat the same in the morning, before getting up; and persevere till you find benefit, which in most cases will speedily be the case.

15. DROPSY.

When symptoms of this dreadful disorder appear, the following medicine, if timeously taken, will prevent any farther progression, viz. a dose of Jalap in Coniac Brandy.

When the disorder has made considerable progress, the following prescription will be found of the greatest benefit:

Three handfuls of Artichoke Leaves and Stalks,

One quart of Juniper Berries, crushed,

One handful of Horse Raddish, scraped down,

Two ditto of green Fir-tops, crushed,

Two table-spoonfuls of white Mustard-seed, bruised.

Boil the whole in two gallons of water, until reduced to one; strain it, and drink half a pint night and morning.

ANOTHER RECEIPT.

Bathe the whole body, or the legs and thighs, when they only are affected, in a bath strongly impregnated with a decoction of Marshmallows, Maywort, and sweet Milk, boiled together.

ANOTHER RECEIPT.

The celebrated herb, generally known by the term Fox-glove, is now discovered to have a very powerful influence in resisting the Dropsy, especially if applied in an early stage of the distemper. One of the simplest preparations of it is as follows:

Boil four ounces of the herb in one quart of water, till reduced to one half. From one to four table-spoonfuls, according to the age of the patient, taken three times a-day.

A CELEBRATED POWDER FOR THE DROPSY,

Which in Saxony is deemed infallible.

REC. One pound of Julep, pounded,
One ditto very best Cream of Tartar,
One ounce Sal Ammoniac, pounded fine.

Mix the whole carefully together, and take from 30 to 40 grains in warm broth or beer, two or three days successively; or oftener, if necessary.

16. DROWNING.

The recovery of persons apparently drowned is a subject of so much importance, that the public attention cannot be sufficiently attracted to it. The Humane Society have done much; yet not one instance occurs, among twenty, where proper measures have been pursued.

The author of this little work cannot communicate his ideas on this subject in a more suitable manner, than by a narrative of the following

Remarkable Instance of God's Providence,

In a case where he was particularly concerned.

"I went on a visit, one forenoon, to a gentleman, then at his country-seat, about five miles from town. When I came to the outer gate of the park, I perceived a groupe of people around a fish-pond, seemingly very anxious in searching for something, which induced me to push forward; and

perceiving the gentleman, my friend, to be in great agitation, I went up to him, and asked what was the matter? To which he replied, "Oh, my boy!" I said no more, but threw off my coat, vest, and hat; took a rope from a man standing in the crowd, tied it round my shoulders and arms; then I gave the two ends of it to two stout men, desiring them to pull me up every minute or two, then let me down again after I had recovered my breath, and to continue that manœuvre until I should bring up the young gentleman. I then leaped into the pond, the bottom of which being hard clay, I made a search of about four yards, when I was drawn up. The second dive, I made about four yards more: and, on the third, I had just got a fast hold of the boy, when I was pulled up. The sight of us both occasioned a general commotion amongst the groupe; and every one being anxious to get us out of the water, it was done instantaneously. I ordered the boy to be carried into the house, where he was instantly stripped, and laid on a bed, wrapped in a warm blanket, his head a little raised. I had, in the mean time, ordered a large fire to be lighted in his room, and one of the servant-men to get naked into his bed, between the blankets; while all hands were employed in warming water, bricks, grains, and flannels. As soon as I thought the bed sufficiently warm, I ordered the young gentleman to be laid on the right side of the man, one person holding a warm brick to each foot, another a bag of grain to his stomach; a third rubbing his left side, next to his heart, as gently as possible. During this operation, I put a small pair of bellows into one of his nostrils, keeping the other and his mouth closed; and continued gently blowing until I perceived his breast rising, when I gave liberty to the other nostril and mouth, making an easy pressure on his breast. By persevering in this natural imitation of breathing, and perceiving signs of returning life, I discontinued blowing gradually, until breathing began to renew; then I called for some hartshorn, and introduced a few drops of it, occasionally, into his nostrils.

with a feather. As soon as I saw him breathe, and the pulse of his heart increasing, I left him under the care of his father, and went into the kitchen, where I prepared a glisten of wine and hot water, with a spoonful of mustard, which I administered as soon as it was ready. On perceiving him to swallow his saliva, I gave him some warm wine in a spoon, which he swallowed freely, and, by continuing it to the number of about six spoonfuls, he recovered wonderfully.

The whole of this scene lasted about four hours; after which, he continued to recover gradually, giving him, during that night, some white wine whey, and ale posset, alternately. At about six o'clock in the morning, he made an attempt to speak, but I could not understand him.

Every thing having, so far, answered my wishes, except one circumstance, that of not having discharged so much water as I could have wished, I gave him about twenty drops of hartshorn in a glass of cold water, which kept him in a gentle perspiration; and I soon perceived his belly much reduced. At about two o'clock, he spoke so as to be understood, wishing for something to eat. I gave him a tumbler full of red port, with a little ginger grated, and sweetened with sugar, with a biscuit broke into it, which he swallowed very greedily, and fell into a sound sleep, in which he continued six hours; then I gave him some coffee, and two muffins; after which he fell asleep again.

From that time, his usual faculties and volubility of tongue recovered, to the inexpressible joy of his father, mother, and the whole family, who had been in a most dreadful consternation from the moment of the accident. Having seen him perfectly recovered, I left the house on the seventh day.

17. FITS.

REC. Four ounce of Devil's Dung,
Two shells of new-laid Eggs, skinned, and pound-
ed as finely as possible,

A piece of Horse Suet, as large as an Egg.

Infuse the whole in an English pint of Coniac Brandy, bottle it, and shake the bottle frequently. It will be ready for use in about a fortnight.

Three days before and after full moon, and three days before and after the change, take a small dram glass full of this mixture, and the effect of it will be visible.

N. B. In cases where an approaching fit can be known, take a doze of this mixture, it will alleviate the force of it remarkably.

This mixture may be administered with great success in convulsions, or what is called Falling Sickness.

18. GRAVEL.

This most severe distress, aggravated from its being in general the forerunner of the Stone, that still more dreadful malady, should be carefully attended to in its first appearances.

The following has, in many cases, been found an effectual remedy:

REC. Six large Oyster Shells; calcine them to lime; throw them red-hot into four quarts of rain, or river water, in an earthen vessel; stir it well; let it stand one day, then pour it off for use.

To half a pint of this water, warm, add one glass full of Oriental Vegetable Cordial, sweeten it to your taste and take it going to bed.

It makes an agreeable punch, and seldom fails to give relief in gravelly pains. It should also be persevered in, when it may be expected to carry off the seeds of the complaint.

ANOTHER RECEIPT.

The following has been found an excellent remedy for the Gravel, where the ingredients can be procured :

Six drams of Gum Arabic,

One half ounce of the Syrup of Marshmallows,

One ounce Compound Juniper-water,

24 drops of strong Laudanum, and

Six ounces of Parsley-water ;

The whole mixed together, and well shaken. Four table spoonfuls to be taken warm, when in pain.

19. GUMS AND TEETH.

After the ingenuity of every Apothecary and Chemist has been exhausted on this subject ; and the world are now in possession of a thousand different Teeth Powders, Lotions, and Tinctures, it may be deemed presumptuous to add any thing on the subject. If, however, any person will be at the trouble of trying the following simple receipt, and persevering a little time in it, he will probably never reject it :

Take one ounce of the best Alum, burnt, and pounded as fine as possible, and

One ounce of Sal Ammoniac ;

Mix them well together in honey, and put them in a pot for use.

Method of Using.—Take a little of it on a linen cloth, rub your teeth and gums well and carefully, then rinse your mouth with cold water.

If this is persevered in, the gums will be preserved from scurvy, and the teeth from pain.

20. HYSTERICIS.

Many and various are the methods recommended for the relief of this very prevalent complaint, which chiefly proceeds from weak and relaxed nerves, and this very much aggravated from the use of spirits, and a sedentary life.

If those afflicted with this melancholy complaint, would refrain from spirits, as they would from poison, take plenty of exercise, and simple nourishing food, they would soon find an alteration. The only prescription recommended in addition, is to adopt an infusion of Mustard Seed, or Valerian Root, in place of Tea.—*Probatum est.*

21. HOOPING COUGH, OR CHIN COUGH.

REC. Half a pound of Hog's Lard, rendered, and

Two Cloves of Garlic, pounded,

Boil them together in an earthen vessel, until it thickens, then keep for use.

Take the size of a large pea, and rub on the small of the child's back before a fire, then wrap it well up in flannel.

The following has also been found very useful:

REC. Equal quantities of Oil of Amber, pure Turpentine, and the best Jamaica Rum; mix them well together,

and rub as above ; only in this case, you may rub the whole back, from the neck downwards, and the breast also, rubbing gently, so as not to fret or inflame the skin.

In this complaint, it is of great moment that the child should throw up freely. However produced, the complaint proceeds from a gross phlegm collecting rapidly on the stomach, which, if not discharged, speedily produces fever, and thus often terminates fatally. Vomits are therefore generally prescribed. I have seen a very small quantity of Epicacuan mixed in the child's drink, not so much as to operate like a vomit ; but when a fit of coughing attacks the child, it will assist nature in throwing off the offensive matter.

22. HYDROPHOBIA.

REC. Six ounce of Rue, clean picked, and bruized,
 Four do Venice Treacle,
 Four do Filings of Pewter or Tin.

Boil the whole in two quarts of good Strong Ale, in a close-covered pan, upon a slow fire, for one hour ; then strain it, and use as follows, viz.

To a full-grown man or woman, give eight or nine spoonfuls warm, three mornings successively, fasting. This is a full dose for the stoutest person, and should be proportionally reduced to young people, or those of weakly constitutions.

To animals, it may be successfully given, thus :

To a horse or bullock, twelve to fifteen spoonfuls,

To a sheep, hog, or dog, four to six spoonfuls.

If the bite given by the infected animal can be dressed with a poultice strongly impregnated with the above mixture, it may be also very useful.

N. B. If this medicine is applied within nine days after the bite has been given, it will not fail to prevent the Hydrophobia. Be careful, however, to administer it as above directed.

23. HOARSENESS.

REC. Two ounces of Penny Royal Water,
80 drops of Cochineal,
20 do Oil of Anise,

With the yolk of a new-laid Egg, well mixed, and sweetened with refined Sugar, or Candy.

One table spoonful of this mixture, taken night and morning, will speedily remove hoarseness, even of considerable standing.

N. B. $\frac{1}{2}$ is an excellent preparation for public speakers.

24. JAUNDICE.

Take two Raw Eggs, with a little cold water, in the morning, and one Egg about twelve o'clock, another about seven in the evening, all in the same manner, and in a very few days the distemper will subside, and the colour resume its natural hue.

*** Be careful not to despise this receipt, because of its simplicity; its efficacy has been often experienced.

25. ITCH.

REC. Pulv. Rab. Leviat, one dram,
Annutz porien, one dram, m. punzt.

Rub the joints and parts affected, and it will speedily be eradicated.

26. PUTRID FEVER.

'Two large spoonfuls of working Wort, or Yeast, given to the patient every three hours, until he feels somewhat relieved. This may be in a few hours, sometimes a day or two. When he feels occasion, give him a bason of Sago, with a whole Lemon squeezed into it, adding a little wine to it. About an hour after this, repeat the Yeast, and continue till perfectly cured.

The author has administered this receipt to upwards of seventy patients, both young and old, and confidently declares, he never lost one of this complaint.

27. PILES.

REC. Two ounces of Mutton Suet,
One half ounce of White Lead,
A small quantity of Plantain Water;

The whole boiled on a slow fire, in an earthen vessel, for two hours, and, when cold, rub the part affected with it, taking, at same time, an ounce of the syrup of Marshmallows two mornings, fasting. This salve will never fail to give ease in outward piles; nor should it ever be used in any other case.

When the piles affect internally, the following mixture is much recommended:

REC. Ol. Succini, three grains,
S. p. Lavender, comp. gutt xx.
Facer. Lenimentum;

This to be used when the piles are troublesome, by rubbing gently, every twelve hours

Should they not yield to this mixture, the following foment will probably be useful.

REC. S. p. vini rect, 2 drams.

Mis. folus qua partes affecta, si opus fuerit, preantur.

N. B. Use the foment when the swellings are up in the body, and then wet the part with it.

In all these internal piles, they should be frequently washed with warm water. It has also been often found very useful to anoint them with Oleum Olivæ to be facto.

28. PARALYTIC INFUSION.

Before I proceed in this receipt, I must beg leave to mention the following circumstance.

On my return from the Cape of Good Hope, I called on a particular friend of mine, then at his country seat, with the intention of spending a few days with him. Having told him, on the third evening, that I should leave him early in the morning, he requested to accompany me part of the way. At about 5 o'clock, I went into his room, and finding him in bed, he apologized, saying that his head ached most intolerably. I told him that lying in bed was a bad cure for it, and, calling for the brandy bottle, made him take a glass of it; after which he rose, and put on some of his clothes. On rising from the bed-side, to call for his boots, he fell flat on his face, seemingly dead. I called for help: which brought in all the servants, who, having undressed and put him to bed, I sat by his side, tickling his nostrils with a feather, while a servant was dispatched for medical assistance. Having, in the meantime, perceiv-

ed some signs of returning life, I continued in my operation, until the arrival of a physician, who ordered a vein to be opened, which having bled freely, the doctor pronounced my friend to be out of danger; but ordered the following infusion to be made immediately.

Horse-radish root, sliced very thin, with mustard seed bruised, four ounces of each, infused in two quarts of boiling water, close covered during twenty-four hours; then give the patient four ounces of it night and morning.

This infusion, said the doctor, is endued with very warm, pungent, and stimulating powers; and is, therefore, exhibited with sufficient propriety in any numbness of the parts, cold, rheumatic pains, and any relaxation of the nerves and vessels. From a constant use of it, the fibres will sometimes gradually recover their native elasticity, while the matter that clogs and preternaturally stretches them, is forcibly carried off, from day to day, by urine.

After the doctor had ended his lecture on the infusion, he was pleased to compliment me on what I had done, approving that method, as good practice, to keep the patient from the natural inclination of sleep, which that disorder creates. In consequence of this, I resolved to sit close by my friend, and allow him no sleep until I saw a change.

As soon as the infusion was ready, I gave him the prescribed doze, and repeated it at night; after which I began to perceive a change in his faculties, which the doctor confirmed in his visit of the day.

Finding that my endeavours answered my wishes, I watched my friend closer than ever, and had the pleasure, on the fourth day, to perceive some desire to speak, giving me to understand, that he wished for a little rest, which I allowed him for two hours, after which I awoke him, and was most agreeably surprised to hear him say, "oh, this has done me good: let me but rest a little longer, and all will be well." I said, that he should be indulged after he had taken some broth, which I ordered to be brought, and which he swallowed; after which, he fell into a sound

sleep for about three hours, when he turned himself, saying, "my dear fellow, what has been the matter with me?" Here we were interrupted, by the doctor coming into the room; and whose surprise, on seeing his patient sitting up, and speaking, I cannot express; but, after he had conversed a while, and seen how matters stood, he rose, saying, that he could not see in what he could be of any farther service; and understanding that I was not to leave him until he was radically on his legs again, he begged leave to resign him to me; and if his farther attendance should be necessary, we knew where to find him.

My friend concluding, from this, how I had been situated, began to intreat me to take some rest, which I promised from day to day, until I got him out, first in a chaise, and then on horseback. When seeing him perfectly free from all symptoms of apoplexy, I left him on the nineteenth day, in as good health and vigour as I had ever seen him.

29. RUPTURE.

One handful of dwarf camomile, and a handful of wild marve, fried in fresh butter, and applied on a bandage.

30. AN ELECTUARY FOR THE RHEUMATISM

REC. Two Ounces conserve of Orange Pill,
 One fourth do, of Cinabar of antimony Leviate,
 One do. of Gum, Guaicum, in powder,
 Three Drams of winter Bark, powdered, with a
 sufficient quantity of Syrup of Orange Pills; will
 make an electuary.
 One dram to be taken night and morning

As the cinabar and gum are of the class of powerful attenuants, and plentifully promote natural perspiration, this electuary is very rationally directed in rheumatic pains, where there still exists an obstruction of the pores, and of the blood. But where inflammation takes place, it would be injudicious to use this medicine, as it would be adding heat to heat, in contradiction to the very first element of physic, and fundamental axioms of practice; and here, it would be expedient, that evacuation, by bleeding and purging, should take place.

This electuary speaks for itself, as also the precautions that should be taken in that disorder, being of various kinds, and arising from different causes. Experience has taught me, that the worst of them proceeds from the gravel; and the following instance has convinced me of it.

I was, from an early period [of my life, turned into the wide world; and my profession being the army, I was often happy to quench my thirst at a brook, or a ditch, (from which it is to be supposed that a quantity of sand settled in my bladder) but, thanks to my youth, and plenty of

exercise, I felt no inconvenience from it, while I continued in the hardships of my profession; but as soon as I got married, and retired from my former exercise, I was seized with the most excruciating pains, which grew to such a height, as to keep me confined nine years, often deprived of the use of my limbs, in spite of every medical endeavour to give me relief. Being sensible, at last, of the cause of my distress, I resolved to resume my former profession, or to enter into the same way of exercise; and an opportunity having offered, I entered on board of a privateer, where I continued free from pain, during about four months; when cruising near St Vincent, and falling short of provisions, we ran into the road of Punta del Gada, in the island of St Michael, belonging to Portugal. Here I met with people from many parts of the world; some troubled with the gout, some with the rheumatism, &c. all in a fair way of recovery. Being seized with a return of my old complaint, I was carried to the warm bath, at Villa Franca, about fourteen miles from Punta del Gada, where, after bathing fourteen times, I found myself relieved; and by persevering, about two months, in the foresaid receipt, and drinking a tumblerful of small beer, with half a glass of spirits, every day after my dinner, I never had a return of that complaint.

What I have mentioned, concerning paralytic strokes, should be a serious warning to all persons who live high, taking little exercise, and indulging the natural drowsiness arising from a luxurious table. These persons should be attentive to supply such daily assistance, as to keep their blood from stagnating, which must sooner or later prove the consequence. If he cannot refrain from the luxuries of the table, nor from indulging his nap after dinner, let him be wise enough to apply to a proper evacuation, and keep his blood in its natural circulation. To this effect, the volatile jalop, mentioned in page (27.) should never be wanted in the family.

In rheumatism affecting the limbs, the following receipt I have known to procure relief.

REC. Two ounces of winter bark cut small,
 Two large spoonfuls of mustard-seed bruised,
 One handful of horse-radish scraped,
 One do. of scurvy-grass, all put into one quart of
 white wine, well shaken, and let it stand twelve
 hours; after which, [one tea-spoonful may be
 taken night and morning, until reduced to one
 half; then put one English pint of spring water
 to the remainder, and continue to take it as be-
 fore.



31. THE STONE.

REC. One penny-worth of Turpentine,
 One do. of the oil of Onion,
 mixed in one English pint of new milk; and
 take one glassful of it, cold, when going to bed;
 keep warm while you continue taking it, and
 drink nothing cold.

Should this fail, mix the following.

Two gallons of Oats, rub them well between your hands,
 wash them till the water runs clear from them; then add
 one handful of fresh gathered Dandelion roots, clean wash-
 ed and cut small; boil them three quarters of an hour, with
 the Oats, in two gallons of running or river water, in an
 iron pot; add one ounce of Salprnlæ, and half a pound of
 white honey; let the whole boil half an hour longer, strain
 it through a cloth, bottle it when cold, and keep it for use.
 One beer glassful to be taken every morning, fasting, and
 repeated in the afternoon during fourteen days; after which
 the doze may be reduced to one glass per day. It is not un-

pleasant, requires no confinement, and may, with great propriety, be taken in severe fits of the gravel.

I have experienced the following mixture, to cure a man of the Stone :

One quart of skimmed milk, made into a posset of ale, the curd taken from it ; plantain and violet leaves, of each, one handful, with half a handful of doves-foot, boiled together in the whey of the posset, until reduced to one quart, and one pint taken at night, and the other in the morning, sweetened with honey, or the syrup of Marsh-mallows.

32. SORE THROAT.

One handful of ground-ivy, boiled in milk ; drink the milk, apply the herb, on a flannel, to the throat. But as that complaint arises from various causes, so ought every person to act accordingly ; if it proceeds from a cold, the fore-said receipt is infallible ; if from night air, twelve or fourteen drops of Hartshorn, sprinkled on a piece of flannel, applied warm, will give ease ; but, should the throat shew symptoms of a quinsy, mix the following :

REC. One spoonful of Crape Vinegar,
One do. of Goose Grease, and

One do. of Hartshorn ; put the whole on a flannel, and apply it on the throat. If the throat should ulcer, six or eight drops of Turpentine, on a piece of Sugar, will give immediate relief.

N. B. Drink plenty of Barley Water, sweetened with fine Sugar, adding twenty or thirty drops of Sp. Nitri, to every half pint.

40. SORE BREASTS.

Those families who are not possessed of the Blast Ointment, mentioned in page eighth, will find equal relief from the following.

One pound of May Butter,
One quart of Elder Flowefs,
One do. of brown do;

And put the whole into a glass bottle; bleach it during one summer in the sun, then strain and bottle it for use.

This Ointment is to be used by rubbing the sore part, very gently, twice every day, and kept warm.

34. LOWNESS OF SPIRITS,

Arising chiefly from a want of resolution to divert the mind, either by walking, or such diversion as best suits their constitution. I would recommend one small glassful of the following mixture; to be taken every morning.

One ounce of Tartarum Solubile, in one English pint of water, well shaken every time it is taken.

35. SCABBED HEAD.

One pound of fresh butter well worked, rub it round a brass pan, let it stand six weeks on a damp floor, then melt it over a cool fire, and pot it for use. It will be of a fine green, and prove infallible in the most inveterate scabs, by rubbing every day till cured.

36. STRENGTHENING PLAISTER.

REC. Four Ounces of Yellow Rosin, and Bee Wax,
One do. of Dyachilon,
One do. of Galbanum, strained,
One do. of Turpentine,
One do. of Frankincence, and
One Scruple of Lamb's Black,

All melted together, over a slow fire, watching it from running over, as it might set the chimney on fire; and when thoroughly melted, throw it into a bason of cold water, and roll it into a cake for use.

This plaister will be found of great relief in outward cases, such as rheumatic, sciatic, a pain in the back from strains, falls, or bruises, strains in the knee, ancles, or joints, fractures, boils, hard and knotty tumors.

Melt as much of the cake as will make the needful plaister, spread it on thin sheep's leather, and apply it, warm, on the part; let it remain on it three or four days, then renew it as may be necessary.

In ruptures, use it under a compress, and it will be found infallible.

In violent pains in the head, singing in the ears, sore or weak eyes, and deafness, spread a plaister large enough to cover the opening of the head, being first shaved, and put one to each temple, about the size of a half-crown piece, and spread it on black silk, and renew them every three days. In deafness, apply it behind the ears.

In cuts, wounds, burns, and scalds, melt some of the cake; add to it two spoonful of lintseed oil, and anoint the part with a feather dipt into it, moderate warm; then cover it with lint, and dress every twenty-four hours.

In scabbed heads, melt some, and anoint the affected parts, the head being previously shaved; then cut a bladder in the shape of a cap, and place it on the head, dressing it every day till cured. In sore breasts, and chopped nipples, rub them gently with it melted and warm.

This cake being of such universal use, families should never want it.

37. WEAKNESS.

The fat of a well fed young dog, scraped off the guts, boiled and skimmed; put it into a pot, and use it as butter.

This medicine will appear noxious to some persons, and ridiculous to some others; but, if they will consider, that a dog feeds on nothing but clean animal food, their prejudice against eating part of him must subside.

I had a boy, who from three years of age to about fourteen, was so weakly, that his dissolution was looked for every spring and autumn. I prepared the foresaid medicine, and gave it him every morning on a slice of bread, instead of butter; and by persevering in it during about three months, the boy recovered wonderfully; and his bent be-

ing for the sea, I sent him a few voyages to the West Indies, after which he entered a midshipman in the navy, where he lived to be a lieutenant.

38. WORMS.

One half gill of Florence Oil, with as much white wine vinegar, mixed and sweetened with raw sugar; and take one table spoonful of it every morning, fasting, until done.

N. B. Grown persons may double the doze.

39. THROWING UP, AND SICKNESS AT THE HEART.

One table spoonful of the juice of supervine, mixed in a tea-cupful of new milk from the cow, sweetened with sugar; take out the skin and repeat taking it till cured.

The extraordinary virtues of this plant, so little known in Europe, and, of course, not so much encouraged as it should be, will, I trust, from the following facts, which I have witnessed, recommend it to the public in general.

I received a wound at the battle of Fountenoy, from a bayonet, that ran from the extremity of my left thumb, through the arm above the elbow. The artery being cut, I was very much exhausted before it was dressed, when I was carried to Tournay, where, on my arrival, I was examined by two surgeons, who pronounced my hand to be in a state of mortification, and concluded by assuring me,

that, to save my life, an immediate amputation was absolutely necessary. This being resolved on, they were fixing the tourniquet, when providence sent the gardener of the house into my room, who, on hearing what was to be done, requested to look at my wound; which being granted, he said, that he saw no immediate reason for an amputation, and begged he might be allowed to dress the hand. The surgeons seemed unwilling to give up the point. I desired them to take off the tourniquet, and let the gardener act as he should think proper. He requested half an hour to fetch what he wanted, and ordered one of the keepers to get ready some warm milk and water, to pound some double refined sugar, and some linen bandages, against his return.

The honest fellow was punctual; and having found every thing ready, he began to wash the hand, filled the wound with the pounded sugar, took a piece of the supervine leaf, split it, and applied the juicy part to the wound, which he bound up like a professed surgeon. He then proceeded to the arm, which he dressed in a much similar manner; after which he went away, recommending quietness, and requested the two surgeons to be present at the next dressing, which he fixed from that time twenty-four hours.

After I had taken a little broth, I fell into a sound sleep, in which I continued nine hours, when another bason of broth, with half a chicken, was brought; after the swallowing of which, I slept till the hour of the second dressing.

The anxiety of the two surgeons being highly raised, they were not a little surprised on seeing my hand and arm perfectly free from any signs of mortification, and were beginning to express their astonishment, when the gardener stopped them, requesting their presence at the next dressing, which he fixed from that time forty-eight hours; in the interim of which, I felt little pain, slept well, and my appetite growing.

Never were two men thrown into greater confusion, than my two surgeons appeared to be at the sight of my wounds, on the third day of dressing them. One said it was witchcraft, the other swore that he could not have believed it; but to put a stop to their confusion, I thanked them, and, though I did not think them entitled to any other reward, than the lesson which they had received from the gardener, I gave each of them a couple of Louis d'ors, and dismissed them.

The gardener, seeing himself master of the field, assured me that he would not keep me long confined, and he kept his word; for I joined my regiment six weeks after my accident, in perfect health.

As I have kept a regular journal of my daily transactions, ever since I was ten years old, I did not neglect to inquire farther into the virtues of the supervine, before I parted with the honest gardener, who informed me, that one table spoonful of the juice, mixed in a tea-cupful of new milk from the cow, given in the highest fever, had often produced wonderful effects; and I have witnessed it several times, by administering it myself.

One of my children playing one day in the kitchen, put one of its feet into a pot of boiling water, just taken off the fire. Hearing the alarm, I ran down, and on pulling off its stocking, the skin of the whole foot came along with it. I applied a leaf of the supervine, squeezing as much of the juice as to moisten the bandage, and put the child into bed. Having lain the whole night, without making any complaints, I concluded that the medicine had prevented the usual inflammation in burns and scalds, and was convinced of it the ensuing day, when I found the foot looking perfectly free from any bad symptoms; for the child ran about, as usual, after the third dressing.

All that can be said in praise of that valuable plant, is but superficial to what it deserves. I can only add, that while I had it in my possession, I had the pleasure of doing much good to my fellow-creatures, and to save lives despaired of

by the Faculty. Let me, therefore, recommend to every family, who have it in their power to procure it, not to be without it, especially as it multiplies fast from its sprouts, which may be reared by taring their roots, and hang them on the ceiling of the kitchen, until they are strong enough to be potted, when they may be put into the open air, or in hot-houses.

38. VOLATILE JULEP.

REC. Two drams of Volatile Salt of Hartshorn,
 One and a half English pint of spring water,
 Three quarters of an ounce of spirituous Alexterial
 water,
 One ounce of refined Sugar.
 The whole mixed and shaken, will make a Julep.

The active particles with which this Julep is impregnated, from the spirit of Hartshorn, will infallibly correspond with the intentions of opening the obstructed pores of the skin, that known spring of multiplicity of disorders, and bringing on effectual moisture; and consequently be of service, not only in fevers, but also when the body, either from fatigue or hard drinking, is become jaded, and requires immediate supplying and relaxation to furnish it, by means of some method, to recruit for brisk action. On these occasions, a few spoonfuls of this Julep drank in bed, and repeated at intervals, will, without the least trouble, communicate a most agreeable sensation, and in the gentlest manner imaginable, remove all weariness, and heat, and tension of the parts.

It is likewise very properly recommended with Diaphoretic powders or Boles, which very powerfully assist the views and projected operations of these attenuating medicines.

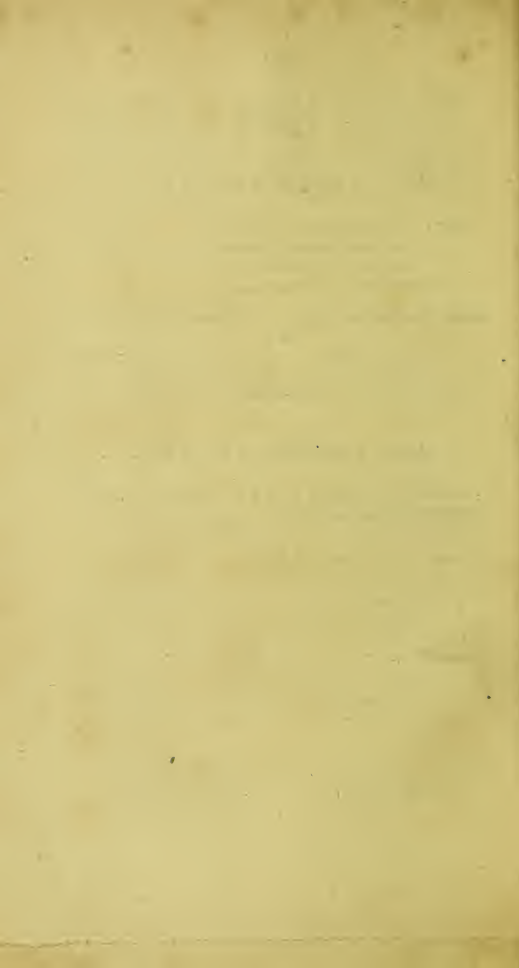
39. A PEARL CORDIAL.

REC. Two penny worth of Magnesia,
Two table spoonful of Brandy,
Two do. of Peppermint Water, and
Half a pound of Sugar-candy,

Mixed together, and taken by one glassful at a time, in
need.

40. UNIVERSAL RECEIPT.

In using any medicine, do it with confidence, and the
battle is more than half gained.



THE
POCKET ESCULAPIUS.
PART II.



THE
POCKET ESCULAPIUS.

PART II.

*Containing Miscellaneous and Scarce Receipts,
collected from various Writers.*

SECT. I.

DISEASES IN THE HEAD.

1. FOR THE HEADACH,

Arising from Cold.

A little Lavender, or Civet, mixed with milk, will be found very serviceable. The gummy juice which springs from the Birch-tree when bored, dissolved, and rubbed on the forehead and temples, is a never-failing specific.

2. HEADACH,

Arising from the Stomach.

Gentle physic, or, in some cases, wine vomit, will speedily remove it. In headachs of this kind, as well as most constitutional headachs, the smoke or fumigation of incense will be found very useful. Aromatic Essence of Vinegar, and other essences, alleviate headach, but the ease they afford is very temporary.

3. VIOLENT AND SEATED HEADACH, OR MEGRIM.

The powder of Incense and Myrrh, mixed with the white of an egg, and rubbed chiefly on the temples. Ether is also a very useful application for rubbing on the forehead and temples. The green leaves of the herb called Hen Bane, boiled, and made into a poultice, and applied like a bandage to the forehead, is often very useful. Many people have found relief from drawing a little blood from the forehead or temples.

4. PREVENTING THE HAIR FROM COMING OUT, AND MAKING IT GROW THICK.

1. Make a ley of the ashes of Cows dung, and anoint the head. 2. Boil the leaves and inner bark of the Oak-tree, and wash the head with the water. 3. The burnt ashes of Goats dung, mixed with oil, and the head anointed with it, makes the hair grow thick and bushy.

5. TO PREVENT HAIR GROWING.

1. Pluck out the hair, and rub with the milk of a bitch. 2. The juice of Hemlock is a very effectual application for this purpose. 3. Lupines, finely pounded, and rubbed on the part, will infallibly prevent the growth of hair.

6. TO MAKE THE HAIR A BRIGHT JET BLACK.

Dissolve the bark of the Sallow-tree in oil, and rub the head and hair every evening and morning, for a few days.

7. TO MAKE THE HAIR CURL.

Shave the head, and rub with Asphodile roots.

8. FOR SCRUFF, OR SCALES IN THE HEAD.

Anoint with oil of bitter Almonds.

9. FOR FRECKLES, AND BURNING OF THE SUN.

Anoint the face with Hares blood, or with a decoction of Linseed.

10. AN EXCELLENT SIMPLE COS- METIC FOR THE COMPLEXION.

Wash or anoint the face, arms, and hands, with the Juice of Primrose flowers. Probatum est.

11. FOR PIMPLES ON THE FACE.

Anoint with the juice of Onions, mixed with salt. A decoction of bitter Almonds is as fit for this purpose as any Gowland's Lotion ever prepared.

12. FOR TETTERS AND RING- WORMS.

Anoint the face with flower of Brimstone, and Venice Turpentine; Mustard knead with Vinegar, and applied.

13. A PRECIOUS POWDER FOR THE EYES,

For removing the Mark in them, Bloodshot, and Watery Humours.

REC. Two drams of Tutiae, and one dram of fine Sugar, finely pounded and dissolved, in the water of Euphrasia and Fennel, put a little of this into the eye at night. Experimentum securum, et sine periculo certissimum.

14. FOR REDNESS AND BLOTCHING IN THE EYES.

Bruise Parsley, and extract the juice, mix with the white of an egg, and apply to the eyes. Green Wormwood will answer the purpose equally well as Parsley. Powder, or burnt Sallow, made into an ointment with oil of Olives, rubbed on the eye-lids, is very useful in this complaint.

15. FOR WATERY EYES.

Saffron, mixed with womens milk, put into the eyes, binds up watery humours. Rue, bruised with honey and vinegar, and strained off, dries the eyes.

15. FOR INFLAMMATION, OR HEAT IN THE EYES.

The white of an egg, carefully beat up and put into the eyes, cools them wonderfully. Take the leaves of Parsley, steep them for twenty-four hours, in good white wine, anoint the eyes with it, and it will remove itching heat of all kinds. Leaves of the large House-leek applied to the eyes when going to bed.

SECT. II.

RECEIPTS FOR VALUABLE OINTMENTS.

1. A VERY SIMPLE OINTMENT,

One of the best preparations yet discovered for Burns, Scalds, and all outward Inflammations.

Four ounce Olive Oil, and one ounce best White Wax, melted together over a very slow fire, and kept for use. Some recommend a little Spermaceti to be added.

2. WAX PLAISTER ;

A most valuable application to Ulcers and Sores of long standing.

REC. Three ounces of Yellow Wax,
Three ounces best prepared Mutton Suet,
One ounce of Yellow Rosin.

Melt them together over a slow fire, and strain the mixture while it is fluid.

3. TAR OINTMENT,

Much recommended against all eruptions: it will carry off what is known in Scotland by the name of a "Scabbed Head," in two days.

REC. Five ounces best clean pure Tar,
Two ounces do. Yellow Wax,

Slowly melted together, and kept for use.

4. OINTMENT OF ARCEUS,

Which long experience has shown to be one of the most valuable applications yet discovered to old and inveterate sores, especially for cleansing them, &c.

REC. Four ounces of best Elemi,
Three do do Turpentine,
Eight do do prepared Mutton Suet,
One do do Olive Oil.

Melt them all slowly together, take care they are properly mixed, by stirring, and let it cool for use.

5. BURGUNDY PITCH PLAISTER.

The virtues of this plaister have been known for near ~~two~~ centuries; and perhaps too much neglected by practitioners. One cause seems to be, that apothecaries are, in general, by no means so careful in preparing it as they ought.

REC. Two ounces very best Burgundy Pitch (of the quality of this be very careful),
 One do do Laudanum, or Galbanum may be very safely used in its place,
 One half do do Yellow Rosin,
 One half do do Yellow Wax,
 One quarter do do expressed Oil of Mace.

Melt the Pitch, Rosin, and Wax together, add the Laudanum first, and then the Oil of Mace.

6. CUMMIN PLAISTER.

Esteemed very useful as a Discussing Plaister.

REC. One ounce of Cummin Seeds,
 — do Caraway do,
 — do Bay Berries,
 — pound best Burgundy Pitch,
 — ounce Yellow Wax.

Melt the Pitch and Wax together, reduce the seeds and Berries to a very fine powder, mix them well together, and make a Plaister.

7. BLISTER OINTMENT.

This ointment should be employed in dressing Blisters which are intended to be kept open for a considerable time, and is greatly preferable to the common Issue Ointment sold by apothecaries. Particular care should be taken, that the Cantharides employed in these compositions be reduced into very subtile powder, and that the mixtures be made as equal and uniform as possible.

REC. Eight ounces of Hogs Lard, very pure and clean,
 Five do best White Rosin,
 Two do do Yellow Wax.

Melt these slowly together, and mix them well; they form a very valuable Ointment, or Salve, for common sores, known by the name of Rosin Ointment.

Of this Ointment take seven ounces, to which add, of finely powdered Cantharides, one ounce.

S. LAUDANUM,

Or Stomach Plaister.

This is recommended by the Royal College of Physicians, as one of the best Stomach Plaisters yet known. It is so contrived, as to be easily made, and to be but moderately adhesive, not to offend the skin. It ought to be frequently renewed, as the ingredients soon lose their virtues; a fresh plaister every second day, if possible.

REC. Three ounces best Laudanum,
One do do Frankincense,
One half do do Cinnamon, finely powdered,
—— do do expressed oil of Mace,
One drachm Essential Oil of Mint.

First melt the Frankincense, then add the Laudanum, softened by heat; to this put the Oil of Mace, and mix them well together. To this, the Cinnamon and Oil of Mint, and beat them together in a warm mortar, into a plaister. Let it be kept in a close vessel.

9. BLISTERING PLAISTER.

In order to make blisters easy, their very nature is in a manner changed by modern practice, and it is now no wonder that Blisters are not deemed so efficacious as formerly. The following receipt, if carefully followed, will produce a powerful but safe Blistering Plaister :

REC.	Twelve drachms	best Burgundy Pitch,
—	do	do Venice Turpentine,
—	do	do Cantharides,
Four	do	do Yellow Wax,
Two	do	do Sub-acetite of Copper,
One	do	do Mustard Seed, and
—	do	do Black Pepper.

Melt the Pitch and Wax, add the Turpentine, mix well together, reduce the other ingredients to the finest powder, add them to the former mixture, while still hot ; stir the whole carefully together, and form a Plaister.

10. SULPHUR,

Or Infalible Itch Ointment.

The world is pestered with Itch Ointments, and the public are imposed upon to pay 1s. 9d. or at lowest 1s. 1½d. for what does not cost the odd halfpenny. Nor are the Itch

Ointments bought in shops so good, as they must be kept by the vender for some time. Any of the two following receipts may be relied upon.

DUBLIN RECEIPT.

Five ounces best Hogs' Lard,
Three ounces Flowers of Sulphur.

Mix them well together, and make an ointment;

We particularly recommend the following :

EDINBURGH RECEIPT.

One pound Hogs' Lard,
Four ounces Sublimed Sulphur.

To this add a few drops of Volatile Oil of Lemons, or Oil of Lavender.

Sulphur is a certain remedy for the Itch, more safe than Mercury. A pound of Ointment serves for four Unctions. The patient is to be rubbed every night, a fourth part of the body at each time. Though the disease may be thus cured by a single application, it is in general adviseable to touch the parts most affected for a few nights longer. It is also extremely proper to conjoin with the external application, a little Flowers of Sulphur internally.

11. DIACHYLON,

Or Litharge Plaister.

Diachylon Plaister has been long known and esteemed, but apothecaries frequently prepare it very carelessly.

DUBLIN RECEIPT.

Five pounds Litharge, reduced to a very fine powder,
Nine do Olive Oil,
Two do Pure Water.

LONDON RECEIPT.

Five pounds Litharge in powder,
One Gallon Olive Oil,
Two pints Pure Water.

Boil them over a slow fire, constantly stirring, until the Oil and Litharge unite, so as to form a plaister. But it will be proper to add more boiling water, if the water that was first added be nearly consumed before the end of the process.

In the boiling of this, and similar plaisters, a quantity of water must be added, to prevent the plaister from burning and growing black. Such water as it may be necessary to add, during the boiling, must be previously made hot; for cold liquor would not only prolong the process, but likewise

occasion the matter to explode and be thrown about with violence, to the great danger of the operator. This accident is equally likely to happen, upon the addition of hot water, if the plaister be extremely hot. It is therefore better to remove it from the fire a little before each addition of water.

12. COMPOUND DIACHYLON PLAISTER,

Or, as it is commonly called, Diachylon with the Gums.

The material difference between this plaister and the former, is, that this suppurates and extracts the collecting matter. In abscesses, or gatherings, after they have been matured and discharged, this Plaister is a very proper application, to suppurate or discuss the remaining hard part.

Take of the last mentioned preparation, viz.

Litharge Plaister, or common Diachylon, three pounds,
Strained Galbanum, eight ounces,
Turpentine, ten drachms,
Frankincense, three ounces.

The Galbanum and Turpentine being melted, mix with them the Frankincense, having it previously finely powdered; then add the common Diachylon, melt the whole over a very slow fire, and make a Plaister.

13. HYSTERIC PLAISTER.

As the name bears, this is the most approved Hysteric Plaster yet known. It should be applied to the umbilical region, that is, around the navel; indeed, if the greater part of the belly is covered with it, so much the better.

REC. One ounce of the best Semi-vitrified Oxyd of Lead,
Two ounces Oil Olive.

Boil these, adding water, and constantly stirring the mixture, till the Oil and Litharge be formed into a plaister.

To this add, Two ounces Assafoetida,
One ounce Galbanum,
One ounce Yellow Wax.

14. TURNER'S CERATE.

This ointment has been long famous in cutaneous sores, or even excoriations; fresh wounds it cures instantly.

Eight ounces best prepared Calamine,
Do do do Yellow Wax,
One pint Olive Oil.

Melt the wax with the oil, and as soon as the mixture, exposed to the air, begins to thicken, mix in the Calamine, and stir the Cerate until it be cold.

STRENGTHENING PLAISTER.

This plaister is of great use in all weaknesses of the large muscles, especially about the loins, &c.

REC. Twelve ounces Semi-vitrified Oxyd of Lead,
One pound Oil Olive,
Six ounces White Rosin,
Three ounces Yellow Wax,
Eight ounces Red Oxyd of Iron.

Grind the red oxyd of iron with the oil, then add the other articles previously melted.

DECOCTIONS, INFUSIONS, AND EXTRACTS,

By which the most useful parts of Herbs, Roots, &c., are extracted, are among the most useful medical preparations. As they are, in general, very easily prepared, no private family should trust to the carelessness of an apothecary's apprentice.

1. INFUSION OF BARK.

REC. One ounce very best Peruvian Bark, finely powdered,
 Two do Mucilage of Gum Arabic,
 One pound soft pure water.

Macerate them twenty-four hours, stirring frequently, and filter for use.

* * * This is well known to be one of the best strengtheners of the stomach yet discovered. Many stomachs will bear this infusion, on which the powder will not lie.

The residuum in the above infusion is very useful in the following

2. EXTRACT OF BARK.

REC: One pound Peruvian Bark, in coarse powder,
 Twelve do soft pure water.

Mix well, and boil down to one half, stirring frequently; then strain the liquor, still boiling; what remains upon the filter is to be again boiled with fresh water. Then evaporate all the decoctions, after being cool, with a gentle heat, until the extract become so hard as to be reducible to powder.

FOX GLOVE.

This plant is become more and more important in the materia medica of this kingdom. New virtues are daily discovered. Darwin, Withering, and Ferriar, have devoted much attention to it; and the result of their experiments, and daily experience, place it in a very valuable light. Its effects are, to diminish the frequency of the pulse, on which account it is invaluable in all inflammatory diseases; it is given with much success in consumptive and hectic cases; in dropsical complaints, it is a never-failing remedy, arising from its powerful influence to increase the action of the absorbent vessels, and increase the discharge by urine; and is generally useful in spasmodic affections, particularly asthmatic spasms, palpitations, &c.; in scrophulous tumours; and even in mania, from effusion on the brain.

Such are the important effects of this valuable, but dangerous plant; we say dangerous, because if not attentively given, that is, if administered in too large doses, it infallibly produces sickness, vomiting, purging, and ultimately, convulsions and death. A degree of sickness is apt to take place, even from a continuance of moderate doses, but, unless very violent, this medicine should not be discontinued on this account; but nourishing cordials and stimulants plentifully used.

It may be given,

3. IN SUBSTANCE,

Either by itself, or conjoined with some aromatic, or made into pills with soap or gum Arabic. Withering directs the leaves to be gathered after the flowering stem has shot up, and about the time when the blossoms are coming forth. He rejects the leaf-stalk, and middle rib of the leaves, and dries the remaining part either in sunshine, or before the fire. In this state they are easily reduced to a beautiful green power, of which give at first one grain twice a day, and gradually increase the dose, until it act upon the pulse and stomach; when, if to a great degree, the use of it must be suspended.

4. INFUSION OF FOX GLOVE.

Infuse one dram of the dried leaves for four hours in eight ounces of boiling water, filter or strain it off, and add to it an ounce of Spirit of Cinnamon, which will both preserve the Infusion, and give it a proper flavour. Begin with half an ounce of this Infusion twice a day.

5. DECOCTION OF FOX GLOVE.

Dr Darwin directs, that four ounces of the fresh leaves be boiled down from two pounds of water to one, and then strained off. Half an ounce of this Decoction to be taken every two hours, for four or more doses.

6. TINCTURE OF FOX GLOVE.

Put one ounce of the dried leaves, coarsely powdered, into four ounces of diluted Alcohol; let the mixture stand by the fire-side twenty-four hours, frequently shaking the bottle, and then strain it off. Twenty drops of this Tincture may be taken twice or thrice a day.

*** When the *Digitalis* excites looseness, Opium may be advantageously conjoined with it; when a tendency to costiveness, a little Jalap may be given with it.

7. STOMACH BITTERS.

Innumerable different collections of herbs have been recommended as proper for the stomach; the following recipe is recommended from long experience.

REC. One half ounce good Gentian Root,
 One dram dried Orange Peel,
 One half dram Coriander Seeds,
 Four ounces diluted Alcohol,
 One pound pure water.

First pour the Alcohol on the root, &c., and three hours thereafter add the water; then macerate without heat for twelve hours, and strain it off.

S. INFUSION OF RHUBARB.

The following Infusion should never be wanting in a family; it is well known as a specific, whenever the stomach, particularly of children, is disordered.

REC. One half ounce best Turkey Rhubarb,
 One ounce Spirit of Cinnamon,
 Eight ounces boiling water.

Macerate the Rhubarb in a close vessel with the water for twelve hours in a close vessel; then add the Spirit, and strain off the liquor.

9. SYRUP OF GARLIC.

In all asthmatic, or other cases where Garlic is useful, the following Syrup is recommended as the most pleasant, and safest method of using it.

Slice down one pound of Garlic, pour on it two pounds of boiling water, put it in a close vessel for twelve hours; then strain it off, and add the Sugar.

10. SYRUP OF MANNA

Is a mild and safe purgative, very useful for children and people of weak constitution.

REC. One pound of Manna,
 One half ounce Senna,
 One pound double-refined Sugar,
 One do pure water.

Macerate the Senna in the water, in a covered vessel, for twelve hours; then, with the strained liquor mix the Manna and the Sugar, till both are fully dissolved, and incorporated together.

11. SYRUP OF SQUILLS.

Squills have long been famous for all complaints in the breast; by promoting expectoration, they greatly alleviate the tickling uneasiness of a cough; indeed it is a medicine, which, applied in an early stage of these complaints, would, in general, prevent much mischief.

REC. Two pounds Vinegar of Squills,
 Three pounds and a half double refined Sugar,

Dissolve the Sugar with a gentle heat, so as to form a Syrup, A spoonful when the cough is troublesome, and two or three spoonfuls when going to bed, is the proper dose.

12. AMMONIAC MILK

Is often a very useful medicine, in loosening tough phlegm, and constitutional asthmatic coughs, &c.

Two drams Gum Ammoniac, dissolved in half a pint of warm water, by rubbing with the back of a spoon on the sides of an earthen vessel. It produces a fine emulsion like milk; and leaves a coarse residuum, which should be thrown out. Two table spoonfuls, morning and evening, is a proper dose for a grown person.

13. HYSTERIC MILK.

The following emulsion has been found very useful in all hysterical and nervous affections.

Two drams Gum Assafoetida, dissolved in half a pint of warm water, in the same manner as the last.

14. TINCTURE OF ALOES.

The following receipt, the result of many experiments, has been found to be by much the best preparation of Aloes yet discovered.

REC. Three ounces best Socotorine Aloes,
 Three do do Saffron,
 Two pints Tincture of Myrrh,
 One ounce Saffron.

Digest for eight days, then strain off for use.

15. ELIXIR SALUTIS.

A very safe and useful purgative, of long standing.

REC. Two ounces Senna Leaves,
 One do Jalap,
 One half do Coriander Seeds,
 Three pounds and a half diluted Alcohol.

Digest for a full week, strain off the liquor, and add four or five ounces of double-refined Sugar.

16. HUXHAM'S TINCTURE OF BARK,

Acknowledged by the most eminent physicians to be the most useful preparation of Bark known. When taken as a strengthener and bracer to the stomach, two or three drams taken at noon, and the same quantity about seven or eight in the evening, will be proper doses. When employed in the cure of intermittents, it must be taken to a greater extent.

REC. Two ounces very best Peruvian Bark in fine powder,
 One ounce and a half dried Orange Peel,

Three drams Virginian Snake Root, bruised,
 One do Saffron,
 Two scruples powdered Cochineal,
 Twenty ounces strong proof Spirits.

Digest together for fourteen days, then strain off for use.

17. COMPOSING DRAUGHT, WITHOUT LAUDANUM.

The receipt now made public is invaluable. There are many cases where Laudanum is improper, and still more, where, in place of procuring sleep, or even quietness, it causes restlessness, uneasiness, and universal irritation.

REC. One ounce dried Leaves of Henbane,
 Eight do diluted Alcohol.

Administer in doses, by drops, as laudanum, but a larger dose is generally necessary.

18. ASTRINGENT TINCTURE.

In all cases of diarrhoea, flux, or looseness, the following Tincture is of more use than any medicine yet discovered.

REC. Two ounces Kino in powder,
 One pound and a half diluted Alcohol.

Digest seven days, then filter through paper.

19. AROMATIC TINCTURE.

The following Tincture was invented by the late Dr Fothergill, and constantly and successfully used by him in all languid weaknesses of the stomach, windy complaints, &c.

- REC. Six drams Cinnamon, bruised,
Three do Lesser Cardamon Seeds, without the
capsules,
Two do Long Pepper,
Two do Ginger, in powder,
Two pints best proof Spirits.

Mix well together, and digest for seven days, then strain off for use.

20. PARÉGORIC ELIXIR.

This very useful medicine was formerly administered under the name of Asthmatic Elixir, a name to which it is well entitled. Dr Duncan says, "It greatly contributes to allay the tickling which provokes frequent coughing, opens the breast, and gives greater liberty of breathing." It is an excellent medicine for children in the chincough. It should be given to children in doses from five drops to twenty; to adults, from twenty to a hundred drops.

- REC. One dram of hard purified Opium,
One do Flowers of Benzoin,

Two scruples Camphor,
One dram Essential Oil of Anise-seed,
Two pints Spirits of Wine.

Digest for ten days, and strain off for use.

21. SACRED ELIXIR.

Sold by medicine-venders under the name of Daffy's Elixir, a most valuable stomachic.

REC. Ten drams of Rhubarb,
Six do Socotorine Aloes,
One half ounce Lesser Cardamon Seeds,
One pound and a half diluted Alcohol.

Digest for seven days, and strain through paper.

POWDERS.

1. HERB SNUFF,

Of a most pleasing kind, and useful in extracting watery humours from the eyes, and in several kinds of headach, vertigo, &c.

REC. Three ounces Asarabacca,
 Three do Marjoram,
 Three do Lavender:

Reduce them to powder, and mix them well together.

2. DOVER'S POWDER.

This Powder promotes perspiration, and as such was recommended by Dr Dover, as an effectual remedy in rheumatism. Modern practice confirms its reputation, not only in rheumatism, but also in dropsy, and several other diseases, when it is often difficult by other means to produce a copious sweat. The dose is from five to twenty grains, according as the patient's stomach and strength can bear it. It is proper to avoid much drinking immediately after taking it, otherwise it is very apt to be rejected by vomiting before any other effects are produced.

REC. One ounce Jalap root,
 Two do Super-tartarite Potash.

Grind them together, and reduce them to a very fine powder.

3. LAXATIVE POWDERS.

In all obstinate cases of costiveness, the following powders will be found safe and efficacious.

REC. One half ounce Scammony,
Two drams Calomel,
Two do double-refined Sugar.

Powder them separately, and then mix them.

Some add

One ounce and a half Socotorine Aloes,
One half ounce Ginger.

PILLS.

Our first, because most generally useful article, in this line, is

ALOES PILLS,

Known all over the island by the designation of Dr ANDERSON's PILLS. They are an easy and safe purgative. It is easy to determine which of the four following receipts is most efficacious.

1.

REC. One ounce Barbadoes Aloes,
One half ounce Extract of Gentian,
Two drams Ginger in powder.

Beat them well together; then add a jelly of Soap, sufficient to form a mass; divide it into pills.

2.

REC. One ounce Socotorine Aloes,
 One half ounce Extract of Gentian,
 Two scruples Caraway seeds, and
 A few drops of Syrup of Ginger.

3.

REC. Socotorine Aloes,
 Assafoetida,
 Soap, equal parts.

Form them into a mass, with a mucilage of Gum Arabic.

4.

REC. Eight ounces Socotorine Aloes,
 Eight do Scammony,
 Four do Colocynth,
 One do Oil of Cloves,
 One do Sulphate of Potash, with Sulphur.

Reduce the Aloes and Scammony into a powder with the Salt; then let the Colocynth, beat into a very fine powder, and the Oil, be added; lastly, make it into a proper mass with mucilage of Gum Arabic.

This last receipt is very powerful, much more so than the pill commonly known by the name of Anderson's Pills.

5. RHUBARB PILLS.

Intended to warm and strengthen the stomach, at the same time gently opening the belly.

REC. One ounce best Rhubarb,
One half ounce Myrrh,
Six drams Socotorine Aloes,
One half dram Essential Oil of Peppermint.

Make them into a mass, with a sufficient quantity of Syrup or Orange Peel.

6. SQUILL PILLS.

For coughs, and promoting expectoration.

REC. One dram fresh dried Squills,
Three do powdered Ginger,
Three do Soap,
Two do Ammoniacum,
Syrup of Ginger, as much as is sufficient.

Beat them well together, and form them into a mass with a jelly of Soap.

THE
POCKET ESCULAPIUS.

PART III.

THE

POCKET ESCULAPIUS.

PART III.

Containing an Account of the principal Herbs, Plants, Minerals, &c., used in Medicine, exhibiting a plain Account of their Virtues, Preparations, &c., alphabetically arranged.

ALOES, SOCOTORINE.

This substance is obtained from the aloes plant, which is a native of Africa, and flowers most part of the year. A tract of mountains, about fifty miles from the Cape of Good Hope, is wholly covered with the aloes plants, where the planting of them is therefore unnecessary; but in Jamaica and Barbadoes they were first brought from Bermuda, and gradually propagated themselves.

The Socotorine aloes is so named from being formerly brought from the island Socotria, or Zocotria, at the mouth

of the Red Sea. It comes wrapt in skins, and is of a bright surface, and in some degree pellucid: in the lump, of a yellowish red colour, with a purplish cast; when reduced into powder, of a golden colour. It is hard and friable in the winter, somewhat flexible in the summer, and softens between the fingers. Its bitter taste is accompanied with an aromatic flavour, but not sufficient to prevent its being disagreeable: the smell, however, is not very unpleasant, and somewhat resembles that of myrrh.

All the kinds of aloes consist of a resin united to a gummy matter, and dissolve in pure spirit, proof spirit, and proof spirit diluted with half its weight of water; the impurities only being left. They dissolve also, by the assistance of heat, in water alone; but, as the liquor grows cold, the resinous parts subside.

Aloes is a well-known purgative; a property which it possesses not only when taken internally, but also by external application. This cathartic quality of aloes does not, like most of the others of this class, reside in the resinous part of the drug, but in the gum; for the pure resin has little or no purgative power. Aloes, taken in large doses, often produces much heat and irritation, particularly about the rectum, from which it sometimes occasions a bloody discharge. To those, therefore, who are subject to the hæmorrhoids, and to women in a state of pregnancy, the exhibition of it has been productive of considerable mischief: but, on the contrary, by those of a phlegmatic constitution, or suffering by uterine obstructions, and in some cases of dyspepsy, palsy, gout, and worms, aloes may be employed as a laxative with peculiar advantage. Its purgative effects are not always in proportion to the quantity taken; and as its principal use is rather to obviate costiveness than to operate strongly, this ought to be no objection to its use.

Respecting the choice of the different kinds of aloes, it may be observed, that the Socotorine contains more gummy matter than the hepatic, and hence is found to purge

with more certainty and greater irritation. It is, therefore, most proper where a stimulus is required, or for promoting the uterine discharge: while the hepatic is better calculated for the purpose of a common purgative; and also, by containing more resin, answers better for external application, considered as a vulnerary.

Small doses of aloes, frequently repeated, not only cleanse the stomach and bowels, but likewise attenuate and dissolve viscid juices in the remoter parts, quicken the circulation, warm the habit, and promote the uterine and hæmorrhoidal fluxes. It is particularly serviceable to persons of a phlegmatic temperament and sedentary life, and where the stomach is oppressed and weakened; but in dry bilious habits it proves injurious, by immoderately heating the blood and inflaming the bowels.

Aloes is likewise, on account of its bitterness, supposed to kill worms, either taken internally, or applied in plaster to the umbilical region. It is also highly serviceable for restraining external hæmorrhages, and cleansing and healing wounds and ulcers.

The ancients gave aloes in much larger doses than is customary at present. Modern practice rarely exceeds a scruple, and limits the greatest dose to two scruples. For the common purposes of this medicine, ten or twelve grains are sufficient: taken in these or less quantities, it acts as a gently-stimulating laxative, capable of removing, if duly continued, very obstinate obstructions.

Aloes, in doses of a few grains, is occasionally mixed into pills, with a third or equal parts of some saponaceous or solvent substance, such as extract of liquorice or gentian, white soap, or the like. It is a slow but sure-working purge, and is generally taken at bed-time, seldom operating until the next day. It is sometimes employed in larger doses, to produce the bleeding piles, when they have been suddenly and injuriously suppressed.

ALUM.

This is a salt artificially produced from certain minerals, by calcining and exposing them to the air; after which the alum is elixated by means of water. The largest quantities are prepared in England, Germany, and Italy.

Alum is a powerful astringent, and is reckoned particularly serviceable for restraining hæmorrhages, and immoderate secretions from the blood; but less proper in intestinal fluxes. In violent hæmorrhages, it may be given in doses of fifteen or twenty grains, nay even to half a dram, and repeated every hour, or half hour, till the bleeding abates. In other cases, smaller doses are more adviseable: for, if large, they are apt to nauseate the stomach, and occasion violent constipation of the bowels. It is best administered with dragons blood, or gum kino, gum Arabic, spermace-ti, or opium. It is used also externally, in astringent and repellent lotions, gargles, and collyria, or eye-waters.

AMMONNIAC, GUM.

We have no certain account of the plant which produces this juice: it is said, however, to be an exudation from a species of ferula. This gum has a nauseous sweet taste, followed by a bitterness; and a peculiar smell, not very grateful. It is an useful medicine in hysterical disorders,

proceeding from a deficiency of the menstrual evacuations, and in obstructions of the abdominal viscera. It likewise proves of considerable service in some kinds of asthma, where the lungs are oppressed by viscid phlegm. Externally it softens and ripens hard tumours: a solution of it in vinegar is recommended by some for resolving even scirrhous swelling.

ARABIC, GUM.

This is produced from a plant called *Mimosa Nilotica*, which grows in great abundance over the vast extent of Africa; but gum Arabic is chiefly obtained from those trees which are situated near the equatorial regions. It is usually imported into England from Barbary, in large casks or hogsheads. Gum Arabic of a pale yellowish colour is most esteemed. It does not admit of solution by spirit or oil, but in twice its quantity of water it dissolves into a mucilaginous fluid, of the consistence of a thick syrup, and in this state answers many useful purposes, by rendering oily, resinous, and fat substances miscible with water.

The glutinous quality of gum-arabic is preferred to most other gums and mucilaginous substances as a demulcent, in coughs, hoarsenesses, and other catarrhal affections, in order to obtund irritating acrimonious humours, and to supply the loss of abraded mucus. It is likewise very generally employed in heat of urine, or strangury; but to produce any considerable effect in these complaints, it ought to be taken in the quantity of several ounces in the day. It is the opinion of Dr Cullen, "that even this mucilage, as an internal demulcent, can be of no service beyond the alimentary canal."

ASAFOEDITA.

This is the concrete juice of a large umbelliferous plant growing in Persia. It has a bitter, acrid, pungent taste, and is well known by its peculiar nauseous fetid smell, the strength of which is the surest test of its goodness. This odour is extremely volatile, and of course the drug loses much of its efficacy by keeping.

Asafoedita is a medicine of very general use, and is certainly a more efficacious remedy than any of the other fetid gums. It is most commonly employed in hysteric and hypochondriac disorders, flatulent colics, and in most of the diseases termed nervous. But its chief use is derived from its antispasmodic effects; and it is thought to be the most powerful remedy we possess for those peculiar convulsive and spasmodic affections which often recur in the first of the diseases above mentioned, both taken into the stomach and in the way of clyster. It is also recommended in obstructions of the menses, asthmatic complaints, against worms, and as having a tendency to produce sleep. Where we wish it to act immediately as an antispasmodic, it should be used in a fluid form, as that of tincture.

BALM.

This plant, when in perfection, has a pleasant smell, somewhat of the lemon kind, and a weak, roughish, aro-

matic taste. Some writers have entertained so high an opinion of balm, that they ascribed to it the virtue of prolonging life beyond the usual period. Strong infusions of the herb, drunk as tea, and continued for some time, have done service in a weak lax state of the viscera. Balm is now chiefly used as a diluent in febrile diseases; and when acidulated with juice of lemons, makes a very pleasant drink.

BARK, PERUVIAN.

This is the bark of a very large tree, a native of Peru. There are several species of this bark, differing from each other in colour; but, at present, the use of the bark is chiefly confined to the pale and red kind; and the nearer the former resembles the latter, the more it is esteemed.

The bark first acquired its reputation for the cure of intermittent fevers; and in these, when properly exhibited, it rarely fails of success. In remittent fevers, especially during the times of remission, it may also be employed with great success. In continued fevers, of the nervous and putrid kind, the bark is very generally used, as well suited to counteract the debility, or putrescency which marks the progress of the disorder. Of late, the bark has been much employed in acute rheumatism, particularly after the violence of the disease has been in some measure moderated by antiphlogistic treatment, or when evident remissions take place. In the confluent small-pox, after the maturation of the pustules is completed, or where symptoms of putrescency, or a dissolved state of the blood, supervene, the bark cannot be too liberally employed.

The other diseases in which the bark is recommended are gangrenous sore throats, and indeed every species of gan-

grene : scarlatina, dysentery, all hæmorrhages of the passive kind ; likewise other increased discharges ; some cases of dropsy, especially when unattended with any particular local affection ; scrophula, ill-conditioned ulcers, rickets, scurvy, states of convalescence, or recovery from diseases, certain stages of consumption of the lungs, &c.

BUCKBEAN, OR WATER TREFOIL.

This plant is common in every part of England : it grows in marshes and ponds, producing flowers about the latter end of June. The whole plant is so extremely bitter, that, in some countries, it is used as a substitute for hops in the preparation of malt liquors.

Marsh trefoil has gained great reputation in scorbutic and scrophulous disorders, in dropsy, jaundice, asthma, rheumatism, and worms. Inveterate cutaneous diseases have been removed by an infusion of the leaves, drunk to the quantity of a pint a-day, at proper intervals, and continued some weeks. From one to two scruples of the leaves in powder may be given two or three times a-day ; or perhaps a strong infusion is preferable.

CAMPHOR.

This is a substance extracted from the wood and roots of a tree growing in different parts of the East Indies. Pure

camphor is very white, pellucid, and somewhat unctuous to the touch; of a bitterish, aromatic, acrid taste, yet accompanied with a sense of coolness; of a very fragrant smell, somewhat like that of rosemary, but much stronger. It is totally volatile, and inflammable; soluble in vinous spirits, oils, and the mineral acids; not in water, alkaline liquors, nor the acids of the vegetable kingdom.

Camphor is esteemed one of the most efficacious diaphoretics; and has long been celebrated in fevers, malignant and epidemical distempers. In the delirium of fevers, where opiates fail of procuring sleep, and often aggravate the symptoms, this medicine frequently succeeds. In spasmodic and convulsive affections it is also of great service, and even in the epilepsy it has been useful. The taste of camphor is best corrected by vinegar; which seems even to render it less disagreeable to the stomach.

CARDAMOM.

Cardamom-seeds are very warm, pungent, aromatic, and grateful, frequently employed as such in practice. They are said to have this advantage, that, notwithstanding their pungency, they do not, like those of the pepper kind, immoderately heat or inflame the bowels. They are considered as warm, cordial stomachics, and may be taken in powder from five to ten grains or more.

CARAWAY.

The seeds of caraway have an aromatic smell, and a warm, pungent taste. They are frequently employed as a stomachic and carminative in flatulent colics and the like. They contain a large proportion of oil; and except some peculiarity in odour, neither their seeds nor their oil differ in their virtues from those of anise.

CASTOR OIL.

This is obtained from the seeds of the plant called ricinus, or palma Christi. It is now come into frequent use as a quick but gentle purgative. The common dose of the oil is a table spoonful, or half an ounce; but many persons require a double quantity.

CATECHU.

This substance, commonly known by the name of terra Japonica, is an inspissated vegetable juice, prepared in the East Indies from the fruit, as is supposed, of a species of

palm-tree. Catechu may be usefully employed for most purposes where an astringent is indicated, provided the most powerful be not required. But it is particularly useful in fluxes of the belly ; and where these require the use of astringents, we are acquainted with no one equally beneficial. It is also employed in uterine discharges, in laxity and debility of the viscera in general, in catarrhal affections, and various other diseases where astringents are necessary. It is often suffered to dissolve leisurely in the mouth, as a topical astringent for laxities and exulcerations of the gums, for aphthous ulcers in the mouth, and similar affections.

CENTAURY.

Centaury is justly esteemed to be the most efficacious bitter of all the medicinal plants indigenous in this country. It has been recommended as a substitute for gentian, and, by several, thought to be a more useful medicine. Many authors have observed, that, along with the tonic and stomachic qualities of a bitter, centaury frequently proves purgative ; but it is probable that this seldom happens, unless it be taken in very large doses. The tops of centaury are commonly given in infusion, but they may also be taken in powder, or prepared into an extract.

CHAMOMILE.

Both the leaves and flowers of this plant have a strong though not an ungrateful smell, and a very bitter nauseous taste; but the latter exceed in bitterness, and are considerably more aromatic. Chamomile flowers give out their virtues both to water and rectified spirit: when these have been dried, so as to be pulverable, the infusions prove more grateful than when they are fresh, or but moderately dried.

These flowers possess the tonic and stomachic qualities usually ascribed to simple bitters, having very little astringency, but a strong odour of the aromatic and penetrating kind; from which they are also judged to be carminative, emmenagogue, and, in some measure, antispasmodic and anodyne. They have been long successfully employed for the cure of intermittents; as well as of fevers of the irregular nervous kind, accompanied with visceral obstructions: That chamomile flowers may be effectually substituted for Peruvian bark in the cure of intermittent fevers, appears from the testimony of several respectable physicians, among whom is Dr Cullen. He informs us, that he has employed these flowers, and agreeable to the method of Hoffman, by giving, several times during the intermission, from half a dram to a dram of the flowers in powder; by which he has cured intermittent fevers. He has found, however, that the flowers were attended with this inconvenience, that, given in a large quantity, they readily run off by stool, defeating thereby the purpose of preventing the return of the paroxysms: and he has found, indeed, that, without join-

ing with them an opiate, or an astringent, he could not commonly employ them.

These flowers have been found useful in hysterical affections, flatulent or spasmodic colics, and dysentery; but, from their laxative quality, Dr Cullen tells us, that he has found them hurtful in diarrhoeas. A simple watery infusion of them is frequently taken, in a tepid state, for the purpose of exciting vomiting, or for promoting the operation of emetics. Externally, the flowers are used in discutient fomentations.

CINNAMON.

The true cinnamon tree is a native of Ceylon, where it grows common in the woods and hedges, and is used by the Ceylonese for fuel and other domestic purposes. The spice so well known to us by the name of cinnamon, is the inner bark of the tree. It is one of the most grateful of the aromatics; of a very fragrant smell, and a moderately pungent, glowing, but not fiery taste, accompanied with considerable sweetness, and some degree of astringency. Its aromatic qualities are extracted by water in infusion, but more powerfully by it in distillation, and in both ways also by a proof spirit applied. Cinnamon is a very elegant and useful aromatic, more grateful both to the palate and stomach than most other substances of this class: by its astringent quality, it likewise strengthens the viscera, and proves of great service in several kinds of alvine fluxes, as well as immoderate discharges from the uterus. The essential oil of cinnamon, in doses of a drop or two diluted by means of sugar, mucilages, &c. is one of the most immediate cordials and restoratives in languors and all debilities.

COLTSFOOT.

This plant, otherwise called tussilago, has a rough mucilaginous taste, but no remarkable smell. The leaves have always been of great fame, as possessing demulcent and pectoral virtues; whence it is esteemed useful in pulmonary consumptions, coughs, asthmas, and in various catarrhal symptoms. Fuller recommends coltsfoot as a valuable medicine in scrophula; and Dr Cullen, who does not allow it any powers as a demulcent and expectorant, found it serviceable in some strumous affections. It may be used as tea, or given in the way of infusion, to which liquorice or honey may be a useful addition.

COLUMBO-ROOT.

This is a root brought from Columbo, a town in the island of Ceylon, whence it takes its name; but we know not as yet to what species of plant it belongs. The smell of the root is weakly aromatic, not disagreeable; the taste bitter and somewhat acrid; when chewed, it almost dissolves in the mouth. By keeping, it is very apt to be worm-eaten, and its bitterishness diminished.

The columbo-root has long been a medicine of great repute among the natives of Ceylon, in disorders of the stomach and bowels; and by the experiments of Dr Percival

and others, it is found to be of great efficacy in various diseases depending on the state of the bile; such as the bilious colic, bilious fevers, habitual vomitings, dysentery, &c. It has besides been employed with great advantage in weakness of digestion. Water is not so complete a menstruum as spirits, but to their united action it yields a flavoured extract in very considerable quantity. The dose of the powder usually given is from one scruple to two.

DANDELION.

This herb is so very common, that a plot of ground can scarcely be seen where it does not present its yellow flowers. The expressed juice is bitter and somewhat acrid, but not equal in bitterness to the root, which possesses a greater medicinal power than any other part of the plant. It is much commended in obstructions of the viscera, particularly of the liver. The leaves, roots, flower-stalks, and juice of dandelion have all been separately employed for medicinal purposes, and seem to differ rather in degree of strength than in any essential property. The expressed juice, therefore, or a strong decoction of the roots, have most commonly been prescribed, from one ounce to four, two or three times a-day. The plant should be always used fresh: even extracts prepared from it appear to lose much of their power by keeping.

ELECAMPANE.

This plant is seldom to be met with in a wild state, but it is commonly cultivated in gardens, whence the shops are supplied with the root, which is the part directed for medicinal use. This root, in its recent state, has a weaker and less grateful smell than when thoroughly dried and kept for a length of time, by which it is greatly improved. Its taste, on first being chewed, is glutinous and somewhat rancid, quickly succeeded by an aromatic bitterness and pungency. An extract made with water possesses the bitterness and pungency of the root, but in a less degree than that made with spirit.

The ancients entertained a high opinion of elecampane, which is recommended for promoting expectoration in humoral asthmas and coughs: liberally taken, it is said to excite urine, and loosen the belly. In some parts of Germany, large quantities of this root are candied, and used as a stomachic, for strengthening the tone of the viscera in general, and for attenuating viscid humours.

FERN, MALE.

This is a native of Great Britain, and grows about the borders of woods near rivulets, and in stony rocky places. The root of it has lately been greatly celebrated for its ef-

fects upon the tape-worm, or *tænia lata* of Linnæus; and this vermifuge power of fern-root seems to have been known to the ancients, after whom it has been recommended by several practical writers. The use of it, however, was very generally neglected till some years ago. Madáme Nonfer, a surgeon's widow in Switzerland, acquired great celebrity by employing a secret remedy as a specific in the cure of the tape-worm. This secret was thought of such importance by some of the principal physicians in Paris, who were deputed to make a complete trial of its efficacy, that it was purchased by the French king, and afterwards published by his order. The method of cure has been stated as follows: After the patient has been prepared by an emollient clyster, and a supper of panada, with butter and salt, he is directed to take in the morning, while in bed, a dose of two or three drams of the powdered root of male fern (the dose for infants is one dram). The powder must be washed down with a draught of water; and two hours after a strong purge, composed of calomel and scammony, is to be given, proportioned to the strength of the patient. If this should not operate in due time, it is to be followed by a dose of purging salts; and if the worm be not expelled in a few hours, this process is to be repeated at proper intervals. Of the success of this, or a similar mode of treatment, in cases of *tænia*, there can be no doubt, as many proofs of it in this country afford sufficient testimony; but whether the fern-root or the strong cathartic be the principal agent in the destruction of the worm, may admit of a question; and the latter opinion, we believe, is the more generally adopted by physicians. It appears, however, from some experiments made in Germany, that the *tænia* has in several instances been expelled by the repeated exhibition of the root, without the assistance of any purgative.

FUMITORY.

The leaves of fumitory, which are the part of the plant directed for medicinal use by the Edinburgh College, are extremely succulent, and have no remarkable smell, but a bitter and somewhat saline taste. Fumitory has been supposed by several physicians of great authority, both ancient and modern, to be very efficacious in opening obstructions and infarctions of the viscera, particularly those of the hepatic system. It is also highly commended for its power of correcting a scorbutic and acrimonious state of the fluids; and has therefore been employed in different cutaneous diseases. When taken in pretty large doses, it proves diuretic and laxative, especially the juice, which may be mixed with whey, and used as a common drink. Dr Cullen classes this plant among the tonics. He says, "I have found it useful in many cases in which bitters are prescribed; but its remarkable virtues are those of clearing the skin of many disorders. For this it has been much commended; and I have myself experienced its good effects in many instances of cutaneous affections, which I would call lepra. I have commonly used it by expressing the juice, and giving that to two ounces twice a-day; but I find the virtues remain in the dried plant, so that they may be extracted by infusion or decoction in water; and the foreign dispensatories have prepared an extract of it, to which they ascribe all the virtues of the fresh plant."

GARLIC.

These roots are of the bulbous kind, of an irregularly roundish shape, with several fibres at the bottom: each root is composed of a number of smaller bulbs, called cloves of garlic, inclosed in one common membranous coat, and easily separable from one another. All the parts of this plant, but particularly the roots, have a strong offensive smell, and an acrimonious, almost caustic taste. The root applied to the skin inflames, and often exulcerates the part. Its smell is extremely penetrating and diffusive. When the root is applied to the feet, its scent may soon be perceived in the breath; and when taken internally, its smell is communicated to the urine, or the matter of an issue, and perspires through the pores of the skin.

This root, from its pungency, warms and stimulates the solids, and attenuates tenacious juices. Hence, in cold phlegmatic habits, it proves a powerful expectorant, diuretic, and emmenagogue; and, if the patient be kept warm, a sudorific.

In humoural asthmas, and catarrhus disorders of the breast, in some scurvies, flatulent colics, hysterical and other diseases proceeding from laxity of the solids, and cold sluggish indisposition of the fluids, it has generally good effects; and has likewise been found serviceable in some hydropic cases.

Too free an use of garlic is apt to occasion headaches, flatulencies, thirst, febrile heats, inflammatory distempers, and sometimes discharges of blood from the hæmorrhoidal vessels. In hot bilious constitutions, where there is already

a degree of irritation, where the juices are too thin and acrimonious, or the viscera unsound, this stimulating medicine is obviously improper, and never fails to aggravate the disorder.

The most commodious form for the taking of garlic is that of a bolus or pill, infusions of it being so acrimonious as to render it unfit for general use.

Garlic made into an ointment with oils, &c. and applied externally, is said to resolve and discuss cold tumors, and has been by some greatly esteemed in cutaneous diseases.

GENTIAN.

This plant is a native of the Alps, and according to the Hortus Kewensis was first cultivated in Britain in the time of Gerard, towards the close of the sixteenth century. But the gentian with which our shops are supplied is imported from the mountainous parts of Switzerland, Germany, &c.

The root, which is the only medicinal part of the plant, has little or no smell, but to the taste it manifests great bitterness—a quality which is extracted by aqueous, spiritous, and vinous menstrua, though not in so great a degree by water as by spirit; and the extract of this root, prepared from the watery infusion, is less bitter than that made from the spirituous tincture.

Gentian is the principal bitter now employed by physicians; and as the intense bitters are generally admitted to be not only tonic and stomachic, but also anthelmintic, antiseptic, emmenagogue, anti-arthritic, and febrifuge, this root has a better claim to the possession of these powers than most of this kind.

Many dyspeptic complaints, though arising from debility of the stomach, are more effectually relieved by bitters than by Peruvian bark; and hence may be inferred their superior tonic power on the organs of digestion. And the gentian joined with equal parts of tormentil or galls, we are told by Dr Cullen, constantly succeeded in curing intermittents, if given in sufficient quantity.

As a simple bitter, the gentian is rendered more grateful to the stomach by the addition of an aromatic; and for this purpose orange-peel is commonly employed.

GINGER.

The ginger plant is a native of the East Indies, and is said to grow in the greatest perfection on the coast of Malabar and Bengal; but it is now plentifully cultivated in the warmer parts of America, and in the West India islands, whence chiefly it is imported into Europe. In 1731 it was first introduced into this country by Mr P. Miller, and is still cultivated in the dry stoves of the curious. The flowers have a sweet fragrant smell, and the leaves and stalks, especially when bruised, also emit a faint spicy odour; but the hot acrid aromatic taste is entirely confined to the root.

Ginger gives out its virtues perfectly to rectified spirit, and in a great measure to water. According to Lewis, its active principles are of a remarkably fixed nature: for, a watery infusion of this root being boiled down to a thick consistence, dissolved afresh in a large quantity of water, and strongly boiled down again, the heat and pungency of the root still remained, though with little or nothing of its smell. Ginger is generally considered as an aromatic, less

pungent and heating to the system than might be expected from its effects upon the organs of taste. Dr Cullen thinks, however, that there is no real foundation for this remark. It is used as an antispasmodic and carminative. The cases in which it is more immediately serviceable, are flatulent colics, debility, and laxity of the stomach and intestines, and in torpid and phlegmatic constitutions to excite brisker vascular action. It is seldom given but in combination with other medicines.

GROUND-IVY.

This plant has a peculiar strong smell, and its taste is bitterish, and somewhat aromatic. It was formerly in considerable estimation, and supposed to possess great medicinal powers, but which later experience has been unable to discover. The qualities of this plant have been described by different authors, as pectoral, detergent, aperient, diuretic, vulnerary, corroborant, errhine, &c.; and it has been variously recommended for the cure of those diseases to which these powers seemed most adapted, but chiefly in pulmonary and nephritic complaints. In obstinate coughs, it is a favourite remedy with the common people, who probably experience its good effects by still persevering in its use. Ray, Mead, and some others, speak of its being usefully joined with fermenting ale; but Dr Cullen observes, "It appears to me frivolous. In short, in many cases where I have seen it employed, I have had no evidence either of its diuretic or its pectoral effects. In common with many other of the verticillatæ, it may be employed as an errhine,

and in that way cure a headach, but no otherwise by any specific quality." It is usually taken in the way of infusion, or drunk as tea.

GUAIAIACUM.

This tree is a native of the West India islands, and the warmer parts of America. The wood, gum, bark, fruit, and even the flowers, of this tree have been found to possess medicinal qualities. The general virtues of this plant are those of a warm stimulating medicine. It strengthens the stomach and other viscera, and remarkably promotes the cuticular and urinary discharges. Hence, in cutaneous disorders, and others proceeding from obstructions of the excretory glands, and where sluggish serous humours abound, it is eminently useful. In rheumatic and other pains it is administered with success; but in thin emaciated habits, and an acrimonious state of the fluids, it often does harm. Conjoined with mercury and soap, and in some cases with bark or steel, it has been found remarkably useful as an alterative. The gum-resin of guaiacum is generally given from six grains to twenty at a dose; but the latter will be apt to purge briskly. It may either be administered by itself, or in a fluid form, by means of mucilage, or the yolk of egg.

HELLEBORE, BLACK.

This plant is a native of Austria and Italy, and was unknown to the gardens in this country till cultivated by Gerard in 1595. If the weather be sufficiently mild, it flowers in January, and hence has obtained the name of Christmas flower.

The taste of the fresh root is bitterish, and somewhat acrid. It also emits a nauseous acrid smell; but being long kept, both its sensible qualities and medicinal activity suffer very considerable diminution.

It seems to have been principally from its purgative quality that the ancients esteemed this root such a powerful remedy in maniacal disorders, with a view to evacuate the *astrabilis*, from which these mental diseases were supposed to be produced: but though evacuations be often found necessary in various cases of alienations of mind, yet, as they can be procured with more certainty and safety by other medicines, this catholicon of antiquity is now almost entirely abandoned. Modern practice regards it chiefly as an alterative; in which light it is frequently employed in small doses for attenuating viscid humours, promoting the uterine and urinary discharges, and opening inveterate obstructions of the remoter glands. It often proves a very powerful emmenagogue in plethoric habits, where steel is ineffectual, or improper. It is also recommended in dropsies, and some cutaneous diseases. The watery extract of this root, made after the manner directed in the dispensatories, is one of the best and safest preparations of it, when designed for a cathartic, as it contains both the purgative and di-

wretic parts of the hellebore: it may be given in a dose from ten grains to a scruple, or more. A tincture of this drug is also ordered in the dispensatories, which is preferred for the purposes of an alterative and deobstruent. Of this a teaspoonful, twice a-day, may be considered a common dose.

HEMLOCK.

This plant is commonly found about the sides of fields, under hedges, and in moist shady places, and flowers in June and July. It has a peculiar foetid smell, and a slightly aromatic, herbaceous, and somewhat nauseous taste.

With regard to its virtues when taken internally, it has been generally accounted poisonous; which it doubtless is, in a high degree, when used in any considerable quantity. The symptoms produced by hemlock, when taken in immoderate doses, are related by various authors, the principal of which have been collected by Haller and others, and stated in the following terms: "Internally taken, it occasions anxiety, heartburn, vomiting, prostration of appetite, convulsions, blindness, vertigo, madness, and death itself."

Baron Stoeck was the first physician who brought hemlock into repute as a medicine of extraordinary efficacy. He found that in certain small doses it may be taken with great safety; and that, without in the least disordering the constitution, or even producing any sensible operation, it sometimes proves a powerful resolvent in many obstinate disorders. Though we have not in this country any direct facts, like those mentioned by Stoeck, proving that inveterate scirrhuses, cancers, ulcers, and many other diseases

hitherto deemed irremediable, were completely cured by the cicuta; we have, however, the testimonies of several eminent physicians, showing that some complaints, which had resisted other powerful medicines, yielded to hemlock; and that even some disorders, which, if not really cancerous, were at least suspected to be of that tendency, were greatly benefited by this remedy. In glandular swellings, chronic rheumatisms, in various fixed and periodical pains, the cicuta is now very generally employed, and from daily experience it appears in such cases to be a very efficacious remedy. It has also been found of great advantage in the whooping-cough. Externally, the leaves of hemlock have been applied with good effect to ulcers, indurated tumors, and gangrenes.

HONEY.

This is entirely a vegetable juice: for, though deposited by the bees, which extract and carry it into their cells, it never enters their body, nor receives any tincture from their fluids. Honey is obtained from the honey-comb, either by separating the combs, and laying them flat upon a sieve, through which it spontaneously percolates; or by including the comb in canvas bags, and forcing out its contents by a press. The former sort is the purer; the latter containing a good deal of wax, and other impurities. There is another sort still inferior to the foregoing, obtained by heating the combs before they are put into the press. The best kind of honey is thick, of a whitish colour, an agreeable smell, and a very pleasant taste. Both the colour and flavour differ according to the plants from which the bees collect it; the

sweet herbs, such as rosemary, marjoram, and thyme, affording the most delicate juices.

Honey, considered as a medicine, is a very useful detergent and aperient, powerfully dissolving viscid juices, and promoting the expectoration of tough phlegm. Hence it has proved of great benefit to persons afflicted with asthmatic complaints; but for this purpose it must be taken in considerable quantity, as an article of diet. In some constitutions it disagrees with the bowels, and is apt to occasion griping or purging; but this inconvenience, it is said, is in some measure obviated by previously boiling the honey.

HOREHOUND.

The leaves of horehound have a moderately strong smell, of the aromatic kind, but not agreeable, which by drying is improved, and by keeping for some months is in great measure dissipated. Their taste is very bitter, penetrating, diffusive, and durable in the mouth. This plant was greatly extolled by the ancients for its efficacy in removing obstructions of the lungs and other viscera. It has chiefly been employed in humoural asthmas, obstinate coughs, and pulmonary consumptions. Instances are also mentioned of its successful use in scirrhus affections of the liver, jaundice, cachexies, and menstrual suppressions.

That horehound possesses some share of medicinal power may be inferred from its sensible qualities, but its virtues do not appear to be clearly ascertained; and the character it had formerly acquired is so far depreciated, that it is rarely

prescribed by physicians. A dram of the dry leaves in powder, or two or three ounces of the expressed juice, or an infusion of half a handful of the fresh leaves, have been directed for a dose. This last mode is usually practised by the common people, with whom it is still a favourite remedy in coughs and asthmas.

HORSE-CHESNUT.

The fruit of this tree is eaten by sheep, goats, deer, oxen, and horses. It contains much farinaceous matter, which, by undergoing a proper process, so as to divest it of its bitterness and acrimony, probably might afford a kind of bread. Starch has been made of it, and found to be very good. It appears also to be endowed with a saponaceous quality, as it is used, particularly in France and Switzerland, for the purpose of cleaning woollens, and in washing and bleaching linens.

With a view to its errhine power, the Edinburgh College has introduced it into the *Materia Medica*. As a small portion of the powder, snuffed up the nostrils, readily excites sneezing; even the infusion or decoction of the fruit produces this effect; it has therefore been recommended for the purpose of producing a discharge from the nose, which, in some complaints of the head and eyes, is found to be of considerable benefit.

On the continent, the bark of the horse-chesnut tree is held in great estimation as a febrifuge, and, upon the credit of several respectable authors, appears to be a medicine of great efficacy; and that it may be substituted for the Peruvian bark in every case in which the latter is indicated, with equal, if not superior, advantage.

HORSE-RADISH.

The root of this plant, which has long been received into the *Materia Medica*, is also well known at our tables. It affects the organs both of taste and smell with a quick penetrating pungency: but contains, nevertheless, in certain vessels, a sweet juice, which sometimes exudes in little drops upon the surface. Its pungent matter is of a very volatile kind, being totally dissipated in drying, and carried off in evaporation or distillation by water and rectified spirit. As the pungency exhales, the sweet matter of the root becomes more sensible, though this also is in a great measure dissipated or destroyed. It impregnates both water and spirit, by infusion or by distillation, very richly with its active matter. In distillation with water, it yields a small quantity of essential oil, exceedingly penetrating and pungent.

With respect to the medical virtues of horse-radish, we shall insert the opinion of Dr Cullen. "The root of this only is employed, and it affords one of the most acrid substances of this order (*siliquosa*), and therefore proves a powerful stimulant, whether externally or internally employed. Externally, it readily inflames the skin, and proves a rubifacient that may be employed with advantage in palsy and rheumatism; and if its application be long continued, it produces blisters. Taken internally, I have said in what manner its stimulant power in the fauces may be managed for the cure of hoarseness*. Received into the sto-

* The doctor here refers to the article *Erysimum*, the juice of which, mixed with an equal part of honey or sugar, is strongly recommended

mach, it stimulates this, and promotes digestion ; on which account it is properly employed as a condiment with our animal food. If it be infused in water, and a portion of this infusion be taken with a large draught of warm water, it readily proves emetic, and may either be employed by itself to excite vomiting, or to assist the operation of other emetics. Infused in water, and taken into the stomach, it proves stimulant to the nervous system, and is thereby useful in palsy ; and if employed in large quantity, it proves heating to the whole body : and hereby it proves often useful in chronic rheumatism, whether arising from scurvy or other causes. Bergius has given us a particular method of exhibiting this root, which is by cutting it down, without bruising, into very small pieces ; and these, if swallowed without chewing, may be taken down in large quantity, to that of a table spoonful : and the author alleges, that, in this way, taken every morning for a month together, this root has been extremely useful in arthritic cases ; which, however, I suppose to have been of the rheumatic kind. It would seem that in this manner employed, analogous to the use of unbruised mustard-seed, it gives out in the stomach its subtile volatile parts, that stimulate considerably without inflaming. The matter of horse-radish, like the same matter of the other siliquose plants, carried into the blood

for the cure of hoarseness, which proceeds from an interrupted secretion of mucus, and which stimulants of the acrid kind are found most efficacious in restoring. When the *erysimum* was not at hand, the doctor substituted a syrup of horse-radish. He says, " I have found that one dram of the root, fresh, scraped down, was enough for four ounces of water, to be infused in a close vessel for two hours, and made into a syrup, with double its weight of sugar. A tea-spoonful or two of this syrup swallowed leisurely, or at least repeated two or three times, we have found often very suddenly effectual in relieving hoarseness."

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vessels, passes readily into the kidneys, and proves a powerful diuretic, and is therefore useful in dropsy; and we need not say, that in this manner, by promoting both urine and perspiration, it has been long known as one of the most powerful antiscorbutics.

HYSSOP.

This plant, supposed to be different from the hyssop mentioned in the Old Testament, is a native of Siberia, and the mountainous parts of Austria, and flowers from June till September. The leaves have an aromatic smell, and a bitterish, moderately warm taste. They give out their active matter both to water and to rectified spirit: but to the latter most perfectly. Dr Cullen classes this and all the verticillated plants as stimulants; and this quality is to be ascribed to the quantity of essential oil which they contain. The hyssop, therefore, may be esteemed aromatic and stimulant; and, with a view to these effects, Bergius recommends it as an emmenagogue and anti-hysterical: but it is chiefly employed as a pectoral, and has been long thought an useful medicine in humoural asthmas, coughs, and catarrhal affections. For this purpose, an infusion of the leaves, sweetened with honey or sugar, and drunk as tea, is recommended by Lewis. The external application of hyssop is said to be particularly efficacious in the way of fomentation and poultice, in contusions, and for removing the blackness occasioned by the extravasated fluids.

JALAP.

This is the root of an American convolvulus, brought to us in thin transverse slices from Xelapa, a province of New Spain. It has scarcely any smell, and very little taste ; but, to the tongue and to the throat, manifests a slight degree pungency. The medicinal activity of jalap resides principally, if not wholly, in the resin, which, though given in small doses, occasions violent griping. The gummy part bears an inconsiderable proportion to the resinous, and is found to have little or no cathartic power : but, as a diuretic, it is extremely active.

That jalap is an efficacious and safe purgative, daily experience must evince ; but, according as the root contains more or less resin, its effects must of course vary. Hoffman thought it particularly improper and unsafe to administer this medicine to children ; but Dr Cullen observes, that if jalap “ be well triturated, before exhibition, with a hard powder (and the crystals of tartar are the fittest for the purpose), it will operate in lesser doses than when taken by itself, and, at the same time, very moderately, and without griping. Except when given in very large doses, I have not found it to be heating to the system ; and if it be triturated with hard sugar, it becomes, in moderate doses, a safe medicine for children ; which in this form they will readily receive, as the jalap itself has very little taste.”

Jalap, in large doses, or when joined with calomel, is recommended as an anthelmintic and a hydragogue. The dose of the simple powder is commonly from one scruple to two.

IPECACUANHA.

This root is divided into two sorts, Peruvian and Brazilian: but the eye distinguishes three kinds, viz. the ash-coloured or grey, brown, and white; of which the ash-coloured is that usually preferred in the shops. It was first introduced into this country with the character of an almost infallible remedy in dysenteries and other inveterate fluxes, and also in disorders proceeding from obstructions of long standing. nor has it lost much of its reputation by time. The use of ipecacuanha in fluxes is thought to depend upon its restoring perspiration; for in these cases, especially in dysentery and diarrhœa, the skin is dry and tense; and while the common diaphoretics usually pass off by stool, small doses of this root have been administered with the best effects, proving both laxative and diaphoretic. In the spasmodic asthma, Dr Akenside remarks, that where nothing contraindicates repeated vomiting, he knows no medicine so effectual as ipecacuanha. In violent paroxysms, a scruple procures immediate relief. Where the complaint is habitual, from three to five grains every morning, or from five to ten every other morning, may be given for a month or six weeks.

This medicine has also been successfully used in hæmorrhages. Several cases of uterine discharges are mentioned by Dahlberg, in which one third or half a grain was given every four hours till it effected a cure. These small doses are likewise found of great use in catarrhal and even consumptive cases, as well as in various states of fever. Ipecacuanha, particularly in the state of powder, is now ad

vantageously employed in almost every disease in which vomiting is indicated ; and when combined with opium, under the form of sudorific powder, it furnishes us with the most useful and active sweating medicine which we possess. It is also given with advantage in very small doses, even when it produces no sensible operation. The full dose of ipecacuanha in substance is a scruple, though less doses will frequently produce an equal effect.

JUNIPER.

Both the tops and berries of this plant are directed for medicinal use, but the latter are usually preferred, and are brought to us chiefly from Holland and Italy. They have a moderately strong, not disagreeable, smell, and a warm, pungent, sweetish taste, which, if they are long chewed, or previously well bruised, is followed by a considerable bitterness. The sweetness appears to reside in the juice or soft pulpy part of the berry ; the bitterness, in the seeds ; and the aromatic flavour, in oily vesicles, spread throughout the substance both of the pulp and the seeds, and distinguishable even by the eye. The fresh berries yield, on expression, a rich, sweet, honey-like, aromatic juice : if previously powdered, so as to thoroughly break the seeds, which is not done without great difficulty, the juice proves tart and bitter. The same differences are observable also in tinctures and infusions made from the dry berries, according as the berry is taken entire or thoroughly bruised. They give out nearly all their virtue both to water and rectified spirit.

These berries are chiefly used for their diuretic effects: they are also considered as stomachic, carminative, and diaphoretic.—Of the efficacy of juniper berries in many hydropical affections, we have various relations by physicians of great authority. These, however, seem not to be perfectly agreed which preparation of the juniper is most efficacious. But, as it is now seldom, if ever, relied upon for the cure of dropsies, and only called to the aid of more powerful remedies, perhaps one of the best forms under which the berries can be used is that of a simple infusion. This, either by itself, or with the addition of a little gin, is a very useful drink for hydropic patients. The juniper has also been recommended in nephritic cases, uterine obstructions, scorbutic affections, and some cutaneous diseases; and in the two last mentioned complaints, the wood and tops of the plant are said to have been employed with more advantage than the berries.



LAVENDER.

The fragrant smell of the flowers of this plant is well known, and to most people agreeable: to the taste they are bitterish, warm, and somewhat pungent; the leaves are weaker and less grateful. Lavender has been an official plant for a considerable time. Its medicinal virtue resides in the essential oil, which is supposed to be a gentle corroborant and stimulant of the aromatic kind, and is recommended in nervous debilities, and various affections proceeding from a want of energy in the animal functions.

LIQUORICE.

This is a native of the south of Europe, but has been long cultivated in Britain, particularly at Pontefract in Yorkshire, Worksop in Nottinghamshire, and Godalming in Surry. But it is now planted by many gardeners in the vicinity of London, by whom the metropolis is supplied with the roots, which, after three years growth, are dug up for use, and are found to be in no respect inferior for medical purposes to those produced in their native climate.

Liquorice root, lightly boiled in a little water, gives out nearly all its sweetness: the decoction, pressed through a strainer, and inspissated with a gentle heat, till it will no longer stick to the fingers, affords a better extract than that brought from abroad, and its quantity amounts to near half the weight of the root.

This root contains a great quantity of saccharine matter, joined with some proportion of mucilage; and hence has a viscid, sweet taste. From the time of Theophrastus it has been a received opinion that it very powerfully extinguishes thirst; which, if true, is more remarkable, as sweet substances in general have a contrary effect. It is in common use as a pectoral or emollient in catarrhal defluxions on the breast, coughs, hoarsenesses, &c. Infusions or extracts made from it afford likewise very commodious vehicles for the exhibition of other medicines; the liquorice-taste concealing that of unpalatable drugs more effectually than syrups, or any other substance of the saccharine kind.

MAIDENHAIR.

The leaves of this plant have a mucilaginous, sweetish, sub-astringent taste, without any particular flavour. They are esteemed useful in disorders of the breast, proceeding from a thickness and acrimony of the juices; and are likewise supposed to promote the expectoration of tough phlegm, and to open obstructions of the viscera. They are usually directed in infusion or decoction, with the addition of a little liquorice. A syrup prepared from them, though it has now no place in our dispensatories, is frequently to be met with in the shops, both as prepared at home and imported from abroad. A little of these syrups mixed with water makes a very pleasant draught. The syrup brought from abroad has an admixture of orange-flower water.

MANNA.

This is the juice of certain trees of the ash kind, growing in Italy and Sicily, either naturally concreted on the plants, or exsiccated and purified by art. From incisions made in the trees, the manna sometimes flows in such abundance, that it runs upon the ground, by which it becomes mixed with various impurities, unless carefully prevented by those who are employed in obtaining it.

Manna is well known as a gentle purgative, so mild in its operation, that it may be given with safety to children and pregnant women. In some constitutions, however, it produces troublesome flatulencies, and therefore requires the addition of a suitable aromatic, especially when given to an adult, where a large dose is necessary: it is therefore usually assisted by some other purgative of a more powerful kind.

MARJORAM, WILD.

This plant grows in many parts of Britain, especially on dry chalky hills, or gravelly soils, and produces its flowers in July and August. It has an agreeable aromatic smell, approaching to that of sweet marjoram, and a pungent taste, much resembling thyme, to which it is likewise thought to be more nearly allied in its medicinal qualities than to any of the other *virticillatæ*, and therefore deemed to be emmenagogue, tonic, stomachic, &c. The dried leaves, used instead of tea, are said to be exceedingly grateful. They are also employed in medicated baths and fomentations.

MARJORAM, SWEET.

This plant is thought to be the amaracus of the ancients, mentioned by Virgil and Catullus. It has long been cultivated in our gardens, and in frequent use for culinary purposes. The leaves and tops have a pleasant smell, and a moderately warm, aromatic, bitterish taste. The medicinal qualities of this agree with those of wild marjoram; but, being much more fragrant, it is deemed to be better adapted to those complaints known by the name of nervous; and may be therefore employed with the same intentions as lavender. In its recent state, we are told that it has been successfully applied to scirrhus tumors of the breast.

MARSH-MALLOW.

This plant, under the name of *althæa*, has long been in general use among practitioners in every country where the science of medicine is cultivated. The virtues of it consist in a mucilaginous matter, with which it abounds, and which renders it emollient and demulcent. It therefore prove serviceable in a thin acrimonious state of the juices, and where the natural mucus of the membranes is abraded. It is chiefly recommended in sharp defluxions upon the

lungs, hoarsenesses, dysenteries, and likewise in nephritic and calculous complaints. It is used in decoction or infusion.

MEZEREON.

This plant is extremely acrid, especially when fresh, and, if retained in the mouth, excites great and long continued heat and inflammation, particularly of the throat and fauces. The berries also have the same effects, and, when swallowed, prove a powerful corrosive poison, not only to man, but to dogs, wolves, foxes, &c. The bark and berries of mezereon, in different forms, have been long externally used to obstinate ulcers and ill-conditioned sores. In France, the former is strongly recommended as an application to the skin, which, under certain management, produces a continued serous discharge, without blistering; and is thus rendered useful in many chronic diseases of a local nature, answering the purpose of what has been called a perpetual blister, while it occasions less pain and inconvenience.

The bark of the root is the part chiefly in use, two drams of which, with half an ounce of bruised liquorice, are boiled in three pints of water till reduced to two: of this from four to eight ounces are taken four times a day. This has been found very efficacious for resolving venereal nodes, and curing other remains of the venereal disease, which mercury, taken in large quantities, had failed to effect. Dr Cullen found a case of ulcerations in many different parts of the body, for which mercury had likewise been taken without success, entirely cured by the use of mezereon decoction for two or three weeks.

MUGWORT.

This plant grows plentifully in fields, hedges, and waste places, and flowers in June. The leaves have a light aromatic smell, and an herbaceous bitterish taste. They are principally celebrated as uterine and anti-hysterical. An infusion of them is sometimes drunk, either alone or in conjunction with other substances, in suppression of the menstrual evacuations. In some parts of the kingdom, mugwort is in common use as a pot-herb.

MUSK.

This is a grumous substance like clotted blood, found in a little bag situated near the umbilical region of a particular kind of animal met with in China, Tartary, and the East Indies. Musk has a bitterish sub-acrid taste, a fragrant smell, agreeable at a distance, but, when smelt near, so strong as to be disagreeable, unless weakened by the admixture of other substances. It is a medicine of great esteem in the eastern countries; but among us it has been for some time very little used, even as perfume, on a supposition of its occasioning vapours, &c. in weak females, and persons of a sedentary life. It appears, however, from late experience, to be, when properly managed, a remedy of great service, even against those disorders which it has been sup-

posed to produce. In convulsive and other diseases it has been found to produce extraordinary good effects; and Dr Cullen considers it as the most powerful antispasmodic with which we are acquainted. It is most effectual when given in substance, and must be administered in large doses, from ten to thirty grains. Even when these large doses are found to be effectual, they must be repeated at short intervals till the disease is entirely subdued. Dr Cullen once procured immediate relief to a patient labouring under severe headach and delirium from the gout, by administering fifteen grains of genuine musk at a dose. He also relieved a gentleman afflicted with a spasm of the pharynx, preventing deglutition, and almost respiration, by musk, when other remedies had failed; and as the disease continued to recur, at times, for some years after, it was only obviated or relieved by the use of musk. It has given relief in several circumstances of the gout, when retrocedent, affecting the stomach, lungs, and particularly the head, when administered in large doses, or at least by repeating them after short intervals. In fine, musk seems to be adapted to all cases of convulsive disorders for which opium is usually prescribed.

MUSTARD.

This plant is distinguished into two kinds, namely, the black or common, and the white. The seeds of the former are directed by the London College, and those of the latter by that of Edinburgh: but they manifest no remarkable difference to the taste, nor in their general effects, and

therefore answer equally well for the uses of the table and for the purposes of medicine.

Mustard is considered to promote appetite, assist digestion, attenuate viscid juices, and, by stimulating the fibres, to prove a general remedy in paralytic and rheumatic affections. Besides its stimulant qualities, it frequently, if taken in considerable quantity, opens the body, and increases the urinary discharge, whence it has been found useful in dropsical complaints. It was alleged by Haller, that the use of mustard disposes the humours to putrescency; an opinion which he was probably led to entertain from a supposition that it contained volatile alkali: for it is well known that some of the pungent plants, when in a state of putrefaction, give out this alkali by distillation, and hence have been termed alkalescent plants. But the fermentation of these vegetable substances may be so directed as to be of the acescent kind, and the alkali obtained from them seems not to have existed in the vegetable in a separate state. The great pungency of these plants, therefore, is not to be ascribed to the volatile alkali, but to the essential oil which they contain.

Bergius informs us, that he found mustard of great efficacy in curing vernal intermittents; for which purpose he directed a spoonful of the whole seeds to be taken three or four times a day, during the intermission; and, when the disease was obstinate, he added flower of mustard to the bark. Externally, these seeds are frequently used as a sinapism, or stimulating poultice. Mustard seed may be most conveniently given entire or unbruised, and to the quantity of a table spoonful or half an ounce for a dose.

†

NIGHTSHADE, DEADLY.

This plant, otherwise named belladonna, or solanum le thale, has been for ages known as a strong poison of the narcotic kind; and the berries, though less powerful than the leaves, furnish us with many instances of their fatal effects, particularly upon children, who are readily tempted to eat this fruit by its alluring appearance and sweet taste. The number of these berries necessary to produce deleterious effects, may probably depend upon the state of maturity in which they are eaten: if not more than three or four, according to Haller's account, no bad consequence ensues. But when a greater number of berries are taken into the stomach, scarcely half an hour elapses before violent symptoms supervene, viz. vertigo, delirium, great thirst, painful deglutition, and retching, followed by phrensy, grinding of the teeth, and convulsions, which usually precede death.

The leaves of the nightshade were first used externally to discuss scirrhus and cancerous tumours, and also as an application to ill-conditioned ulcers. Their good effects in this way at length induced physicians to employ them internally for the same disorders; and a considerable number of well-authenticated facts evince them to be a very serviceable and important remedy. At the same time it must be acknowledged, that many cases of this sort have occurred in which the belladonna has been employed without success. This, however, may be said of every medicine; and though Dr Cullen repeatedly experienced its inefficacy, yet the facts he adduces in confirmation of this plant are clear

and decisive. "I have," says he, "had a cancer of the lip entirely cured by it; a scirrhus in a woman's breast, of such a kind as frequently proceeds to cancer, I have found entirely discussed by the use of it; a sore a little below the eye, which had put on a cancerous appearance, was much mended by the internal use of the belladonna: but the patient, having learned somewhat of the poisonous nature of the medicine, refused to continue the use of it; upon which the sore again spread, and was painful, but, upon a return to the use of the belladonna, was again mended to a considerable degree; when the same fears again returning, the use of it was again laid aside, and with the same consequence of the sore becoming worse. Of these alternate states, connected with the alternate use of, and abstinence from, the belladonna, there were several of these alternations which fell under my own observation."

The sensible effects produced by the leaves of this plant taken in medicinal doses are usually by the skin, the urinary passages, and sometimes by stool; in larger doses, troublesome dryness of the mouth and throat, giddiness, and dimness of sight, are experienced.

That the advantages derived from the internal use of belladonna are only in proportion to the evacuations effected by it, is a conclusion which we cannot admit as sufficiently warranted by the facts adduced upon this point.

As this plant is very uncertain in its operation, the proper dose is with difficulty ascertained: the most prudent manner of administering it is by beginning with one grain or less, which may be gradually increased, according to its effects. Six grains are considered as a very large dose. The root seems to partake of the same qualities as the leaves, but is less virulent.

NUTMEG.

The seeds or kernels of this denomination are the produce of a tree which is a native of the East Indies, particularly the Molucca Islands, and have long been used both for culinary and medical purposes. The medicinal qualities of nutmeg are supposed to be aromatic, anodyne, stomachic, and restraining; and, with a view to the last-mentioned effects, it has been much used in diarrhœas and dysenteries. To many people the aromatic flavour of nutmeg is very agreeable: they should beware, however, of using it in too large quantities, as it is apt to affect the head, and even to manifest a soporific power in such a degree as to prove extremely dangerous. Bontius speaks of this as a frequent occurrence in India; and Dr Cullen relates a remarkable instance of such an effect of the nutmeg, which fell under his own observation; and hence concludes, that in apoplectic and paralytic cases this spice may be very improper.

NITRE.

Nitre, or saltpetre, is a salt extracted in Persia and the East Indies from certain earths that lie on the sides of hills; and artificially produced in some parts of Europe from animal and vegetable substances rotted together (with the ad-

dition of lime and ashes) and exposed for a length of time to the air, without the access of which nitre is never generated. The salt extracted from the earths by means of water is purified by colature and crystallization.

Nitre is a medicine of extraordinary use in many disorders. Besides the aperient quality of neutral salts in general, it has a manifestly cooling one, by which it quenches thirst, and abates febrile heats and commotions of the blood. It has one great advantage above the cooling medicines of the acid kind, that it does not coagulate the animal juices. Blood, which is coagulated by all the mineral acids, and milk, &c. by acids of every kind, are by nitre rendered more dilute, and preserved from coagulation. It nevertheless somewhat thickens thin, serous, acrimonious humours, and occasions an uniform mixture of them with such as are more thick and viscid; by which means it prevents the ill consequences which would otherwise ensue from the former.

This medicine for the most part promotes urine; sometimes gently loosens the belly; but, in cold phlegmatic habits, very rarely has this effect, though given in large doses. Alvine fluxes, proceeding from too great acrimony of the bile, or inflammation of the intestines, are suppressed by it: in choleric and febrile disorders it generally excites sweat: but in malignant cases, where the pulse is low, and the strength much reduced, it retards this salutary evacuation, and the progress of eruptions.

It is given from five to thirty grains, with equal quantities of sugar or gum-arabic well powdered, and dissolved in barley-water or thin gruel. It is thus administered repeatedly as a cooling matter, in acute fevers, and other inflammatory disorders; though it may be given with great safety, and generally to better advantage, in large quantities: the only inconvenience is its being apt to sit uneasy on the stomach.

OAK.

The astringent effects of the oak were sufficiently known to the ancients, by whom different parts of the tree were used ; but it is the bark which is now generally directed for medicinal use. Oak-bark manifests to the taste a strong astringency, accompanied with a moderate bitterness ; qualities which are extracted both by water and by rectified spirit. Its universal use and preference in the tanning of leather is a proof of its great astringency ; and, like other astringents, it has been recommended in agues, and for restraining hæmorrhages, alvine fluxes, and other immoderate evacuations. A decoction of it has likewise been advantageously employed as a gargle, and a fomentation or lotion in the bearing down of the rectum and uterus.

To this valuable tree we are indebted for galls, which in the warm climates of the East are found upon its leaves. They are occasioned by a small insect, called cynips, with four wings, which deposits an egg in the substance of the leaf, by making a small perforation through the under surface. The gall presently begins to grow, and the egg in the centre of it changes to a worm ; this worm again changes to a nymph, and the nymph to the flying insect above mentioned, which, by eating its passage out, leaves a round hole : and those galls which have no holes are found to have the dead insect remaining in them.

Galls appear to be the most powerful of the vegetable astringents ; and, as a medicine, they are applicable to the same indications as the oak-bark. Reduced to a fine powder, and made into an ointment, they have been found of

great service in hæmorrhoidal affections. Their efficacy in intermittent fevers was tried by Mr Poupert, by order of the Academy of Sciences; and from his report it appears, that the galls had succeeded in many cases; and also that they had failed in many other cases, which were afterwards cured by the Peruvian bark.

OPIUM.

This juice is obtained from the poppy in Egypt, Persia, and some other provinces of Asia. The opium prepared about Thebes in Egypt, hence named Thebaic opium, has been usually esteemed the best; but this is not now distinguished from that collected in other places.

The general effects of this medicine are, to relax the solids, and render them less sensible of irritation; to cheer the spirits, ease pain, procure sleep, and to promote perspiration. When its operation is over, the pain and other symptoms which it had for a time abated, return, and generally with greater violence than before, unless the cause has been removed by the sweat or relaxation which it occasioned.

The operation of opium is generally attended with a slow but strong and full pulse, a dryness of the mouth, a redness and slight itching of the skin, and followed by a degree of nausea, a difficulty of respiration, lowness of the spirits, and a weak languid pulse.

The principal indications of opium are, great watchfulness, immoderate evacuations, proceeding from acrimony and irritation, cramps, or spasmodic contractions of the nerves, and violent pains of almost every kind. In these

cases, opiates procure at least a temporary relief, and an opportunity for other medicines, properly interposed, to take effect.

Opium sometimes frustrates the intention of the physician, and, instead of procuring rest, occasions great anxiety, vomiting, &c. Taken on a full stomach, it often proves emetic. Where the patient is exhausted by excessive evacuations, it occasions generally great lowness. It has been observed to operate more powerfully in persons of a lax habit than in the opposite circumstances. While it usefully restrains præternatural discharges, proceeding from irritation, it proves injurious in those that arise from a contrary cause, as in the colliquative diarrhœa attending the hectic fever.

In hæmorrhages excited by irritation, and unattended with inflammation, opium is useful. In the dysentery it may be occasionally employed to moderate the violence of the symptoms, though not considered as a remedy. In the latter stages of diarrhœa, when the acrimony producing the disease has been carried off in a great measure, opium is an efficacious remedy. In the cholera morbus, and water-brash, it is chiefly to be relied upon. Joined with laxatives it is employed in the colic. In different species of the tetanus, opium is successful, and affords relief to various spasmodic and convulsive symptoms occurring in several diseases, as asthma, epilepsy, &c.

In intermittent fevers, opium has been strongly recommended as an effectual means of stopping the return of the febrile paroxysms, and has been given before the fit, in the cold stage, in the hot fit, and during the interval, with the best effects; producing immediate relief, and in a short time curing the patient. But in these fevers the best practice, perhaps, is to unite opium with the bark, which enables the stomach to bear the latter in larger doses, and adds considerably to its efficacy.

With regard to the dose of opium, one grain is generally sufficient, and often too large a one. Its dose, however, varies in different persons, and in different states of the same person. A quarter of a grain will in one adult produce effects which ten times the quantity will not do in another; and a dose that might be fatal in the colic or cholera would have not the smallest effect in many cases of tetanus, or mania. Given in the way of clyster, it has the same effects as when taken into the stomach; but, to answer the purpose, double the quantity must be employed.

Opium taken into the stomach in an immoderate dose, by those not accustomed to the use of it, proves a narcotic poison, producing giddiness, tremors, convulsions, delirium, stupor, and finally, fatal apoplexy.

Opium applied externally gives ease in many pains, but does not, as some have supposed, stupefy the part, or render it insensible of pain. Used immoderately, it is said to produce the same ill effects as when taken to excess internally.

PENNYROYAL.

This plant has a warm pungent flavour, similar to that of mint, of which it is a species, but more acrid, and less agreeable both in smell and taste. Pennyroyal certainly possesses the general properties of the other mints: it is supposed, however, to be of less efficacy as a stomachic, but more useful as a carminative and emmenagogue, and is more commonly employed in hysterical affections. We are told by Boyle, and others, that it has been successfully used in the whooping-cough; but the chief purpose for which it

has long been administered is promoting the uterine evacuation. With this intention, Haller recommends an infusion of the herb with steel, in white wine, which he never knew to fail of success. In the opinion of Dr Cullen, however, mint is in every respect a more effectual remedy than pennyroyal; and "nothing but the neglect of all attempts to establish principles could have made physicians think of this as a peculiar medicine different from the other species." Conformably to this remark, it may be observed that pennyroyal is less frequently used now than formerly.

PEPPERMINT.

The spontaneous growth of this plant is said to be peculiar to Britain; but as it is commonly preferred to the other species of mint, its cultivation has long been extended over Europe, and that employed here is commonly raised in gardens. This species has a more penetrating smell than any of the other mints, and a much stronger and warmer taste, pungent and glowing like pepper, from which it has obtained its name. Its stomachic, antispasmodic, and carminative qualities render it useful in flatulent colics, hysterical affections, retchings, and other symptoms of indigestion, acting as a cordial, and often producing immediate relief.

PLAINTAIN, OR WAY-BREAD.

The common great plantain was formerly reckoned amongst the most efficacious of vulnerary herbs; and by the peasants the leaves are now commonly applied to fresh wounds and cutaneous sores. Inwardly they have been used in phthisical complaints, spitting of blood, and in various fluxes both alvine and hæmorrhagic. The seeds, however, seem better adapted to relieve pulmonary diseases than the leaves, as they are extremely mucilaginous. The roots have also been recommended for the cure of tertian intermittents, and, from the experience of Bergius, not undeservedly. An ounce or two of the expressed juice, or the like quantity of a strong infusion of plantain, may be given for a dose: in agues, the dose should be double this quantity, and taken at the commencement of the fit.

POPPY, WHITE.

This species is said to have been named white poppy from the whiteness of its seeds; a variety of it, however, is well known to produce black seeds: the double-flowered white poppy is also another variety; but for medicinal purposes any of these may be employed indiscriminately, as we can-

not discover the least difference in their sensible qualities or effects.

The seeds, according to some authors, possess a narcotic power; but there seems to be no foundation for this opinion: they consist of a simple farinaceous matter, united with bland oil, and in many countries are eaten as food. As a medicine, they have been usually given in the form of emulsion, in catarrhs, stranguries, &c.

The heads or capsules of the poppy, which are directed for use in the dispensatories, like the stalks and leaves, have an unpleasant smell, somewhat like that of opium, and an acrid bitterish taste. Both the smell and taste reside in a milky juice, which abounds chiefly in the cortical part of the capsules. These capsules are powerfully narcotic, or anodyne: boiled in water, they impart to the menstruum their narcotic juice, together with the other juices which they have in common with vegetable substances in general. The liquor, strongly pressed out, suffered to settle, clarified with whites of eggs, and evaporated to a due consistence, yields an extract which possesses the virtues of opium, but requires to be given in double its dose to answer the same intention, which it is said to perform without occasioning a nausea and giddiness, the usual effects of opium. The syrup of white poppies, as directed by both colleges, is a useful anodyne, and often succeeds in procuring sleep where opium fails; it is more especially adapted to children. White poppy heads are also used externally in fomentations, either alone, or more frequently added to the decoction for fomentation, which consists of the leaves of southernwood, the tops of sea wormwood, chamomile flowers, and bay berries.

QUASSIA.

This is a native of South America, particularly of Surinam, and also of some of the West India islands. The root, wood, and bark of this tree are all comprehended in the catalogues of the *Materia Medica*; but as the roots are perfectly ligneous, they may be medically considered in the same light as the wood, which is now most generally employed, and seems to differ from the bark in being less intensely bitter; the latter is therefore thought to be a more powerful medicine. Quassia has no sensible odour; its taste is that of a pure bitter, more intense and durable than that of almost any other known substance. It imparts its virtues more completely to watery than to spirituous menstrua. Quassia derived its name from a negro named Quassi, who employed it with uncommon success, as a secret remedy in the malignant epidemic fevers which frequently prevailed at Surinam. In consequence of a valuable consideration, this secret was disclosed to Daniel Rolander, a Swede, who brought specimens of the Quassia-wood to Stockholm in the year 1756; and since that time the effects of this drug have been very generally tried in Europe, and numerous testimonies of its efficacy published by many respectable authors. Various experiments with Quassia have likewise been made, with a view to ascertain its antiseptic powers, from which it appears to have considerable influence in retarding the tendency to putrefaction. This effect, professor Murray thinks, cannot be attributed to its sensible qualities, as it possesses no astringency what-

ever; nor can it depend upon its bitterness, as gentian is much more bitter, yet less antiseptic. The medicinal virtues ascribed to Quassia are those of a tonic, stomachic, antiseptic, and febrifuge. It has been found very effectual in restoring the tone of the stomach, producing appetite for food, assisting digestion, expelling flatulency, and removing habitual costiveness, occasioned by debility of the intestines, and common to a sedentary life.

RHUBARB.

Rhubarb is the root of a plant of the dock kind, which grows spontaneously in China, Turkey, and other parts of the East; but the propagation of it has lately been introduced into our own country, with a degree of success, which promises in time to supersede the use of the foreign root. This excellent purgative operates without violence or irritation, and may be given with safety even to pregnant women and children. Besides its purgative quality, it is celebrated for an astringent one, by which it strengthens the tone of the stomach and intestines, and proves useful in fluxes of the belly arising from a laxity of the fibres. Rhubarb in substance operates more powerfully as a purgative than any of the preparations of it; and its qualities are more perfectly extracted by water than by rectified spirit. The dose, when intended as a purgative, is from a scruple to a dram, or more.

ROSE, HUNDRED-LEAVED.

Most of the roses, though much cultivated in our gardens, are far from being distinctly characterised. Those denominated varieties, are extremely numerous, and often permanently uniform; and the specific differences, as hitherto pointed out, are in many respects so inadequate to the purpose of satisfactory discrimination, that it is difficult to say which are species, and which are varieties only. The London College, following Gerard and Parkinson, has still retained the name *Rosa Damascena*; but the damask rose is another species, widely different from the hundred-leaved, as appears from the descriptions given of it by Du Roi and Miller.

The petals are directed for medicinal use: they are of a pale red colour, and of a very fragrant odour; which to most people is extremely agreeable, and therefore this and most of the other roses are much used as nosegays. In some instances, however, under certain circumstances, they have produced alarming symptoms; such as inflammations of the eyes, faintings, hysterical affections, abortion, &c. Persons confined in a close room with a large quantity of roses, have been in danger of immediate extinction of life. From the experiments of Priestly and Ingenhousz, this effect seems owing to the mephitic air, which these and most other odoriferous flowers exhale.

The petals impart their odoriferous matter to watery liquors, both by infusion and distillation. On distilling large quantities, there separates from the watery fluid a small portion of a fragrant butyraceous oil; which liquefies by heat, and appears yellow, but concretes in the cold into a

white mass. A hundred pounds of the flowers, according to the experiments of Tachenius and Hoffman, afforded scarcely half an ounce of oil. The smell of this oil exactly resembles that of roses, and is therefore much used as a perfume. It possesses very little pungency, and has been highly recommended for its cordial and restorative virtues.

ROSE, RED.

This is a native of the South of Europe, and is now common in our gardens, flowering in June and July. The flowers possess neither the fragrance nor the laxative power of those of the hundred-leaved, but are chiefly valued for their astringent qualities, which are most considerable before the petals expand, and therefore in this state they are chosen for medicinal use, and ordered by dispensaries in different preparations, such as those of a conserve, a honey, an infusion, and a syrup. The preparations, especially the first and second, have been highly esteemed in phthysical cases, particularly by the Arabian physicians. Avicenna and Mesue mention some remarkable instances of this kind which were cured by the roses. Riverius also cites several others; and the case of Krugar, related in the German Ephemerides, has been thought a still more evident proof of the efficacy of the conserve of roses in a consumption of the lungs: but as the use of the conserve was constantly joined with that of milk and farinaceous substances, together with proper exercise in the open air, it has been doubted, whether these recoveries could be whol-

ly imputed to the roses, though their mild astringent and corroborant virtues certainly contributed much. In some of the cases alluded to, twenty or thirty pounds of the conserve were taken in the space of a month. The quantity commonly used is far too inconsiderable to produce beneficial effects.

The infusion of roses is a grateful cooling subastringent, useful in spitting of blood, and some other hæmorrhagic complaints, as a gargle: its efficacy, however, depends chiefly on the acid. For the latter purpose, the honey of roses is also frequently used.

ROSEMARY.

This plant has a fragrant smell, and a bitterish pungent taste. The leaves and tops are the strongest in their sensible qualities. Rosemary gives out its virtues completely to rectified spirit, but only partially to water. It is reckoned one of the most powerful of those plants which stimulate and corroborate the nervous system; and has therefore been recommended in various affections, supposed to proceed from debility, or defective excitement of the nerves; as in certain headaches, deafness, giddiness, palsy, &c. and in some hysterical and dyspeptic symptoms. Dr Cullen supposes the stimulant power of Rosemary insufficient to reach the sanguiferous system; it has, however, the character of being an emmenagogue; and the only disease in which Bergius states it to be useful, is the chlorosis or green-sickness. It is a principal ingredient in what is known by the name of Hungary-water.

RUE.

This plant is extremely common in our gardens, where it retains its verdure the whole year. It has a strong ungrateful smell, and a bitter, hot, penetrating taste: the leaves are so acrid, that by much handling they are said to irritate and inflame the skin; and the plant in its natural and uncultivated state, is reported to possess these sensible qualities still more powerfully. Both water and rectified spirit extract it. virtues, but the latter more powerfully than the former.

Rue was much used by the ancients, who ascribed to it many virtues. Hippocrates commends it as a resolvent and diuretic, and attributes to it the power of resisting the action of contagion, and other kinds of poisons; and with this intention it was used by Mithridates. But this imaginary quality of the rue is now little credited. It is doubtless, however, a powerful stimulant, and may be considered, like other medicines of the fetid kind, to have attenuating, deobstruent, and antispasmodic powers, and to be more peculiarly adapted to phlegmatic habits, or weak and hysterical constitutions, suffering from retarded or obstructed secretions. By some it is employed in the way of tea.

SAGE.

This has a fragrant strong smell, and a warm, bitterish, aromatic taste, like other plants containing an essential oil: it gives out its properties more perfectly to spirituous than to aqueous menstrua. In ancient times, Sage was celebrated as a remedy of great efficacy; but at present it is considered as of little importance in the *Materia Medica*; and, though frequently employed as a sudorific, it seems to have no advantage over other plants that render the fluids in which they are infused more agreeable to the stomach. By some it has been successfully used even for the purpose of restraining inordinate sweating. As possessing a small share of aromatic and astringent power, it may prove a serviceable tonic in some cases of debility of the stomach and nervous system. The Chinese, who are said to have experienced the good effects of Sage in this way, esteem it highly, and prefer it to their own tea. It appears from experiments, that Sage is endowed with the power of resisting the putrefaction of animal substances.

SALT-WORT, PRICKLY.

This plant is a native of Britain, and common on the sea-shore, flowering in July and August. Salt-wort, as well as various other plants, on being burned, is found to afford

the fossil alkali. A species of it grows abundantly on that part of the Spanish coast which is washed by the Mediterranean Sea, and supplies all the best soda consumed in Europe, which by us is called Spanish or Alicant Soda, and by the Spanish merchants Barilla de Alicante.

To detail the peculiar properties of this alkali, would lead us too far, and is properly the province of chemistry. It is in common use in the manufacture of glass and soap, and as the latter is an article of the *Materia Medica*, we shall proceed to consider its medicinal effects.

All the soaps, of which there are several kinds, are composed of expressed vegetable oils, or animal fats, united with alkaline lixivium. The white Spanish soap, being made of the finer kinds of olive-oil, is the best, and therefore preferred for internal use.

The virtues of soap, according to Bergius, are detergent, resolvent, and aperient; and its use is recommended in jaundice, gout, calculous complaints, and in obstructions of the viscera. The efficacy of soap, in the first of these diseases, was experienced by Sylvius, and since recommended very generally by various authors who have written on this complaint; and it has also been thought of use in supplying the place of bile in the intestines. The utility of this medicine in the jaundice was inferred chiefly from its supposed power of dissolving biliary concretions; but it has lost much of its reputation in this disorder, from gall-stones being found, in many, after death, who had been daily taking soap for several months, and even years.

Of its good effects in calculous affections of the urinary passages, especially when dissolved in lime water, by which its efficacy is considerably increased, we have the testimony of several. With Boerhaave, soap was a general medicine; for, as he attributed most complaints to a viscosity of the fluids, he, and most of the Boerhaavian school, prescribed it, in conjunction with different resinous and other substances, in gout, rheumatism, and various visceral complaints.

Acids should never be used with soap, because they decompose it, by uniting with the alkaline salt, and thus separating it from the oil. In moderate quantity, soap seldom can enter the circulation in its perfect state; because there being always more or less of an acid in the stomach, the soap must be decomposed. It is therefore considered as a very good corrector of acidity in the stomach and bowels. If any service is to be expected from soap as a deobstruent and detergent, it must be given in larger doses than are commonly prescribed, or they should be much more frequently repeated. Soap is externally employed as a resolvable; and united with rectified spirit, camphor, and essential oils, it forms an agreeable application for superficial tumors, or others more deeply seated, strains, bruises, &c. The soft soaps are more penetrating and acrimonious than the hard, and are only used for some external purposes.

SARSAPARILLA.

This plant is a native of America, and was more than two hundred years ago introduced into Spain as an undoubted specific in venereal disorders. It was also celebrated as an efficacious medicine in some other diseases of the chronic kind. But whether owing to a difference of climate, or other causes, European practitioners soon found that it by no means answered the character which it had acquired in the Spanish West-Indies, and therefore it became very much neglected. Many physicians, however, still consider the sarsaparilla as a medicine of much efficacy; and though they

admit that, by the use of this root alone, we are not to expect a cure of the lues venerea, yet they assert, that when it is given along with mercury, the disease is much sooner subdued; and that ulcers, nodes, and other symptoms of this disorder, which resisted the effects of repeated salivations, have afterwards disappeared by the continued use of sarsaparilla. Notwithstanding the unfavourable opinion of a great authority respecting sarsaparilla, it is in frequent use at most of the London hospitals, after the use of mercury, in venereal complaints. Sarsaparilla is also recommended in rheumatic affections, scrophula, and cutaneous disorders, or where an acrimony of the fluids prevails. It may be given in decoction or powder, and should be continued in large doses for a considerable time.

SASSAFRAS.

The sassafras tree is a native of North America, whence the wood is now usually imported into this country. It has a fragrant smell, and a sweetish, aromatic, sub-acrid taste. The root, wood, and bark, agree in their medicinal qualities; but the bark is the most fragrant, and thought to be more efficacious than the woody part.

Sassafras is used as a mild corroborant, diaphoretic, and sweetener in scorbutic, venereal, cachectic, and catarrhal disorders. Its supposed medicinal virtues were formerly held in great estimation, but it is now thought to be of very little importance, and seldom employed but in conjunction with other medicines of a more powerful nature.

Watery infusions of sassafras, made both from the cortical and woody part, rasped or shaved, are commonly drunk

as tea; but the spirituous tincture, or extract, which contains both the volatile and fixed parts of the medicine, appears to be preferable.

SAVIN.

This is a native of the south of Europe and the Levant, but has long been cultivated in our gardens. It is a powerful and active medicine, particularly noted for producing a determination to the uterus, and thereby proving emmenagogue. It heats and stimulates the whole system very considerably, and is said to promote the more fluid secretions.

The power which this plant possesses in opening uterine obstructions is considered to be so great, that we are told it has been frequently employed for infamous and unnatural purposes. It seems probable, however, that its effects in this may have been exaggerated, since it is found very frequently to fail as an emmenagogue; though this in some measure may be ascribed to the smallness of the dose in which it has usually been administered. Dr Cullen observes, "that savin is a very acrid and heating substance, and I have been often, upon account of these qualities, prevented from employing it in the quantity perhaps necessary to render it emmenagogue. I must own, however, that it shows a more powerful determination to the uterus than any other plant I have employed; but I have been frequently disappointed in this, and its heating qualities always require a great deal of caution." Dr Home appears to have had very great success with this medicine: for in five cases of obstructions of the menses, which occurred at the Royal Infirmary at Edinburgh, four were cured by the savin,

which he gave in powder from a scruple to a dram twice a-day. He says it is well suited to the debile, but improper in plethoric habits, and therefore orders repeated bleedings before its exhibition. Externally, savin is recommended as an escharotic to foul ulcers, warts, &c.

SAXIFRAGE, BURNET.

This plant is a native of Britain, and grows in dry meadows and pastures. The root has a grateful, warm, very pungent taste, which is entirely extracted by rectified spirit. It promises, from its sensible qualities, to be a medicine of considerable efficacy, though little regarded in common practice. Stahl, Hoffman, and other German physicians, are extremely fond of it, and recommend it as an excellent stomachic, resolvent, detergent, diuretic, diaphoretic, and alexipharmic. They frequently gave it with success in scorbutic and cutaneous disorders, foulness of the blood and juices, tumors and obstructions of the glands, and diseases proceeding from a deficiency of the fluid secretions in general. Boerhaave directs the use of this medicine in asthmatic and hydropic cases, where the strongest resolvents are indicated.

By several writers it is recommended as a stomachic, and in all cases where phlegmatic humours are thought to prevail, not only in asthmas and dropsies, but also in catarrhal coughs, hoarseness, and the serous sore throat. Hoffman considers it as an excellent emmenagogue. In the way of gargle it has been employed for dissolving viscid mucus, and to stimulate the tongue when that organ becomes paralytic. It may be given in doses of a scruple in substance, and in infusion to two drams.

SCURVY-GRASS.

This plant has an unpleasant smell, and a warm, acrid, bitter taste. Its active matter is extracted by maceration both in watery and spirituous menstrua, and accompanies the juice obtained by expression. The most considerable part of it is of a very volatile kind; the peculiar penetrating pungency totally exhaling in the exsiccation of the herb, and in the evaporation of the liquors. Its principal virtue resides in an essential oil, separable in a very small quantity, by distillation with water.

This plant is antiseptic, attenuant, aperient, and diuretic; and is said to open obstructions of the viscera and remoter glands, without heating or irritating the system. It has been long considered as the most efficacious of the antiscorbutic plants, and its sensible qualities are sufficiently powerful to confirm this opinion. In what is called the scorbutic rheumatism, consisting of wandering pains of long continuance, this plant, combined with arum and wood-sorrel, is highly recommended both by Sydenham and Lewis. As an antiscorbutic, it is best used fresh, in the manner of sallad, or taken in the form of expressed juice, as directed in the dispensatories.

SENEKA, OR RATTLESNAKE-ROOT.

This root discovers no remarkable smell, but has a peculiar kind of subtile, pungent, penetrating taste. Its virtue is extracted both by water and spirit, though the powder in substance is supposed to be more efficacious than either the decoction or tincture. The watery decoction, on first tasting, seems not unpleasant, but the peculiar pungency of the root quickly discovers itself, spreading through the fauces, or exciting a copious discharge of saliva, and frequently a short cough.

The rattlesnake-root was first introduced to the attention of physicians about seventy years ago, by Dr John Tennent, whose intercourse with the Indian nations led him to discover that they possessed a specific medicine against the poison of the rattlesnake, which, in consequence of a stipulated reward, was revealed to him, and found to be the root of this plant, employed by the Indians both internally and externally. Cases afterwards occurred, under his own observation, which fully convinced him of the efficacy of this medicine; and as the Doctor remarked that pleuritic or peripneumonic symptoms were generally produced by the action of this poison, he thence inferred, that the rattlesnake-root might also be an useful remedy in diseases of this kind. It was accordingly tried in pleurisies, not only by Dr Tennent himself, but by several of the French academicians and others, who all unite in testimony of its good effects. In many of those cases, however, recourse was had to the lancet, and even the warmest advocates for the seneka admit, that, in the true pleurisy, repeated bleed-

ings is at the same time not to be neglected. The reputation which this root obtained in peripneumonic affections, induced some to employ it in other inflammatory disorders, in which it proved serviceable, particularly the rheumatism. It has also been prescribed with success in dropsies. The usual dose is from one scruple to two of the powder, or two or three table spoonfuls of a decoction, prepared by boiling an ounce of the root in a pint and a half of water till it is reduced to one pint.

SENNA.

This plant is a native of Egypt. It also grows in some parts of Arabia, especially about Mocha; but as Alexandria has ever been the great mart from which it has been exported into Europe, it has long been distinguished by the name of Alexandrian senna, or sena.

The leaves of senna have rather a disagreeable smell, and a sub-acrid, bitterish, nauseous taste. They give out their virtue both to watery and spirituous menstrua, and have long been employed as a purgative. How bitterness aids the operation of senna we know not; but it is observed by Dr Cullen, "that when senna was infused in the infusum amarum, a less quantity of senna was necessary for a dose than the simple infusions of it." The same author has remarked, "that as senna seldom operates without much griping, its frequent use is a proof how much most part of practitioners are guided by imitation and habit." Senna, however, when infused in a large proportion of water, as a dram of the leaves to four ounces of water, rarely occasions much pain of the bowels, and, to those who do not

object to the bulkiness of the dose, may be found to answer all the purposes of a common purgative. For covering the taste of senna, Dr Cullen recommends coriander seeds; but for preventing its griping, he thinks that the warmer aromatics, such as cardamoms or ginger, would be more effectual.

SIMARUBA.

The simaruba kept in the shops is the bark of the roots of this tree, which has been many years celebrated for its virtues in the cure of the dysentery. In the years 1718 and 1723, an epidemic flux prevailed very generally in France, which resisted all the medicines usually employed in such cases; small doses of ipecaçuanha, mild purgatives, and all astringents were found to aggravate, rather than to relieve the disease. Under these circumstances recourse was had to the bark of the simaruba, which proved remarkably successful, and first established its character in Europe as a valuable medicine. Most authors who have written on the simaruba agree, that in fluxes it restores the lost tone of the intestines, allays their spasmodic motions, promotes the secretions by urine and perspiration, removes that lowness of spirits attending dysenteries, and disposes the patient to sleep: the gripes and tenesmus are taken off, and the stools are changed to their natural colour and consistence. In a moderate dose, it occasions no disturbance nor uneasiness, but in large doses it produces sickness at the stomach and vomiting.

More recent experience has evinced, that this medicine is only successful in the third stage of the dysentery, where

there is no fever, where the stomach likewise is no way hurt, and where the gripes and tenesmus are only continued by the weakness of the bowels. In such cases Dr Monro gave two or three ounces of the decoction every five or six hours, with four or five drops of laudanum, and found it a very effectual remedy. The late Sir John Pringle, Dr Huck Saunders, and many others, prescribed the simaruba bark in old and obstinate dysenteries and diarrhoeas, especially those brought from warm climates.

Dr Wright recommends two drams of the bark to be boiled in twenty-four ounces of water to twelve: the decoction is then to be strained, and divided into three equal parts, the whole of which is to be taken in twenty-four hours, and when the stomach is reconciled to this medicine, the quantity of the bark may be increased to three drams.

It may not be improper here to subjoin what is said of the simaruba by Dr Cullen. "We can perceive nothing in this bark but that of a simple bitter; the virtues ascribed to it in dysentery have not been confirmed by my experience, or that of the practitioners of this country; and, leaving what others are said to have experienced to be further examined and considered by practitioners, I can only at present say, that my account of the effect of bitters will perhaps explain the virtues ascribed to simaruba. In dysentery I have found an infusion of chamomile flowers a more useful remedy."

SLOE-TREE.

The fruit of the sloe, or, as it is frequently called, black-thorn, is so sharp and austere as not to be eatable till thoroughly mellowed by frosts: its juice is extremely viscid, so that the fruit requires the addition of a little water, in order to admit of expression. The juice obtained from the unripe fruit, and inspissated to dryness by a gentle heat, is the German acacia, and has been usually sold in the shops for the Egyptian acacia, from which it differs in being harder, heavier, darker coloured, of a sharper taste, and more especially in giving out its astringency to rectified spirit.

Sloes have been recommended in diarrhœas, hæmorrhagic affections, and as gargles in tumefactions of the tonsils and uvula. Dr Cullen considers the sloe as the most powerful of the austere fruits, and adds, that he has often found it an agreeable and useful astringent. Dr Withering says, "The tender leaves dried are sometimes used as a substitute for tea, and is, I believe, the best substitute that has yet been tried. The fruit bruised, and put into wine, gives it a beautiful red colour, and a pleasant subacid roughness. Letters written upon linen or woollen with the juice of this fruit will not wash out.

SNAKE-ROOT.

This is a species of the aristolochia, growing in Virginia and Carolina. It has an aromatic smell, approaching to that of valerian, but more agreeable, and a warm, bitterish, pungent taste, which is not easily concealed or overpowered by a large admixture of other materials.

Snake-root was first recommended as a medicine of extraordinary power in counteracting the poisonous effects of the bites of serpents, and it has since been much employed in fevers, particularly those of the malignant kind; a practice which seems to be founded on a supposition that the morbid matter of these fevers is somewhat analogous to the poison of the serpents, and that its influence upon the human system might be obviated by the same means. Modern physicians, however, have exploded the theory of antidotes.

Serpentaria is thought to possess tonic and antiseptic virtues, and is generally admitted to be a powerful stimulant and diaphoretic; and in some fevers where these effects are required, both this and contrayerva have been found very useful medicines. The dose of snake-root is usually from ten to thirty grains in substance, and a dram or two in infusion.

SOAP.

See Salt-wort.

SORREL-WOOD.

This delicate little plant is totally inodorous, but has a grateful acid taste, approaching nearly to that of the juice of lemons, or the acid of tartar, which it also resembles in a great measure in its medicinal effects, being esteemed cooling, antiscorbutic, and diuretic. It is recommended by Bèrgius in inflammatory, bilious, and putrid fevers. The principal use, however, of the acetosella is to allay inordinate heat, and to quench thirst; for which purpose, a pleasant whey may be made by boiling the plant in milk. An essential salt is prepared from this plant, known by the name of essential salt of lemons, and commonly used for taking ink-stains out of linen,

SORREL, COMMON.

The leaves of common sorrel have an agreeable acid taste, like that of wood-sorrel, and are medicinally employed for the same purposes. Sorrel taken in considerable quantity, or used variously prepared as food, will be found of advantage where a cooling and antiscorbutic regimen is required.

SOUTHERNWOOD.

This plant is a native of France, Spain, and Italy. It was cultivated here by Gerard, and its odour renders it so generally acceptable, that there are few gardens in which it is not to be found. But though it bears very well the cold of our winters, it very rarely is ever known to flower in this country.

The leaves and tops of southernwood have a strong, and, to most people, an agreeable smell: its taste is pungent, bitter, and somewhat nauseous. It has been regarded as stomachic, carminative, and deobstruent; and is supposed to stimulate the whole system, more particularly that of the uterus. But though it still retains a place both in the London and Edinburgh Pharmacopœias, it is now rarely used, unless in the way of fomentation.

SPEAR-MINT.

This plant grows wild in many parts of England, but is more rarely met with in this state than the pepper-mint. It is not so warm to the taste as the last mentioned, but has a more agreeable flavour, and is therefore preferred for culinary uses, and more generally cultivated in our gardens.

On drying, the leaves lose about three-fourths of their weight, without suffering much loss of their smell or taste. Cold water, by maceration for six or eight hours on the dried herb, and warm water in a shorter time, become richly impregnated with its flavour. By distillation, a pound and a half of the dry leaves communicate a strong impregnation to a gallon of water; but the distilled water proves rather more elegant if drawn from the fresh plant in the proportion of ten pints from three pounds.

Spear-mint possesses the same medicinal qualities which have been noticed of pepper-mint; but the different preparations of the former, though more pleasant, are perhaps less efficacious. It contains much essential oil, but of an odour somewhat less agreeable than that of lavender and marjoram. It is therefore less employed as a cephalic; but it acts very powerfully on the parts to which it is immediately applied, and therefore considerably on the stomach, invigorating all its functions. It acts especially as an antispasmodic, and therefore relieves pains and colic depending upon spasm. It will also stop vomiting proceeding from such a cause: but there are many cases of vomiting

in which it is of no service ; and in those cases any wise depending upon inflammatory irritation in the stomach itself, or in other parts of the body, it aggravates the disease, and increases the vomiting. Practitioners are of opinion, that the infusion of mint in warm water agrees better with the stomach than the distilled water, which is often somewhat empyreumatic.

Lewis observes, that it is said by some to prevent the coagulation of milk ; and hence, it has been recommended to be used along with milk-diets, and even in cataplasms and fomentations for resolving coagulated milk in the breasts. Upon experiment, the curd of milk, digested in a strong infusion of mint, could not be perceived to be any otherwise affected than by common water ; but milk, in which mint-leaves were set to mascerate, did not coagulate near so soon as an equal quantity of the same milk kept by itself.

SPERMACEÏ.

This is an unctuous flaky substance, of a white colour, and a soft butyraceous taste, without any remarkable smell ; said to be prepared from the fat of the brain of the whale, by boiling and purifying it with alkaline lixivia. The virtues of this concrete are those of an emollient. It is of considerable use in pains and erosions of the intestines, in coughs proceeding from thin sharp defluxions, and, in general, in all cases where the solids require to be relaxed, or acrimonious humours to be softened. For external purposes, it readily dissolves in oils ; and, for internal use, may

be united with watery liquors into the form of an emulsion, by the intervention of almonds, gums, or yolk of an egg. Sugar does not render it perfectly miscible with water; and alkalies, which change other oils and fats into soap, have little effect upon Spermaceti. This drug ought to be kept very closely from the air, otherwise its white colour soon changes into a yellow, and its mild unctuous taste into a rancid and offensive one. After it has suffered this disagreeable alteration, both its colour and quality may be recovered by steeping it in alkaline liquors, or in a sufficient quantity of spirit of wine.

SQUILL OR SEA-ONION.

This plant is a native of Spain, Sicily, and Syria, growing in sandy situations on the sea-coast, and was first cultivated in England about a hundred and fifty years ago. The red-rooted variety has been supposed to be more efficacious than the white, and is therefore still preferred for medicinal use. It is very nauseous to the taste, intensely bitter and acrimonious, but without any perceptible smell.

The root of the Squill appears to manifest a poisonous quality to several animals: in proof of which, we have the testimonies of Hillefield, Bergius, Vogel, and others. Its acrimony is so great, that even if much handled, it excoriates the skin; and if given in large doses, and frequently repeated, it not only excites nausea, gripes, and vomiting, but it has been known to produce strangury, bloody urine, violent purging, heartburn, hæmorrhoids, convulsions, with fatal inflammation and gangrene of the stomach.

and bowels. But as many of the more active substances of the *Materia Medica*, by injudicious administration, become equally deleterious, these effects of the Squill do not derogate from its medicinal virtues. On the contrary, this drug, under proper management, and in certain cases and constitutions, is a medicine of great utility in the cure of many obstinate diseases. It powerfully stimulates the solids, and attenuates viscid juices; by which qualities it promotes expectoration, urine, and (if the patient be kept warm) sweat. In dropsical cases, it has long been esteemed one of the most certain and efficacious diuretics with which we are acquainted, and usually employed in humoral asthmas as an expectorant. In all pulmonic affections, excepting only those of actual inflammation, ulcer, or spasm, the Squill has been experienced to be a useful medicine.

The preparations of Squills kept in the shops, are, a conserve, syrup, vinegar, oxymel, and pills; but practitioners do not always confine themselves to these. When the root is intended as a diuretic, it has most commonly been used in powder, as being in this state less disposed to nauseate the stomach; and to the powder it has been the practice to add neutral salts, such as nitre, or crystals of tartar, especially if the patient complained of much thirst; others recommend calomel: and, with a view to render the Squill less offensive to the stomach, it has been usual to join with it an aromatic. The dose of dried Squill is from two to four or six grains, once a-day, or half this quantity twice a-day; afterwards to be regulated according to its effects. The dose of the other preparations of the Squill, when fresh, should be four times this weight; for this root loses, in the process of drying, four-fifths of its original weight; and this loss is merely a watery exhalation.

TAMARIND.

'This is the fruit of a tree, which appears, upon various authorities, to be a native of both the Indies, America, Egypt, and Arabia. The pulp of the Tamarind, with the seeds, connected together by numerous tough strings or fibres, are brought to us freed from the outer shell, and commonly preserved in syrup. This fruit contains a large proportion of acid with the saccharine matter, and is therefore not only employed as a laxative, but also for abating thirst and heat in various inflammatory complaints, and for correcting putrid disorders, especially those of a bilious kind. When intended merely as a laxative, it may be of advantage to join it with manna, or purgatives of a sweet kind, by which its use is rendered safer and more effectual. Three drams of the pulp are usually sufficient to open the body; but, to prove moderately cathartic, one or two ounces are required.

TANSY.

This plant grows wild by road-sides, and the borders of fields; and is frequently also cultivated in gardens, both for culinary and medicinal uses. According to Bergius, the virtues of Tansy are tonic, stomachic, anthelmintic, em-

menagogue, and resolvent; qualities usually attributed to bitters of the warm or aromatic kind. Tansy has been much used as a vermifuge: and testimonies of its efficacy are given by many respectable physicians. Not only the leaves, but the seeds have been employed with this intention, and substituted for those of santonicum. Some have entertained a high opinion of it in hysteric disorders, particularly those proceeding from a deficiency or suppression of the uterine purgations. This plant is given in the quantity of half a dram or more for a dose; but it is more commonly taken in infusion, and drunk as tea.

TAR.

This substance is properly an empyreumatic oil of turpentine, and has been much used as a medicine, both internally and externally. Tar-water, or water impregnated with the more soluble parts of tar, was upwards of half a century ago a very popular remedy in various obstinate disorders, both acute and chronic; especially in the small-pox, scurvy, ulcers, fistulas, rheumatism, asthma, coughs, cutaneous complaints, &c.; and though its medicinal efficacy was greatly exaggerated by the publication of Bishop Berkeley, Prior, and others, yet Dr Cullen acknowledges that he experienced this preparation in several cases to be a valuable medicine, and that it appeared to strengthen the tone of the stomach, to excite appetite, promote digestion, and to cure all symptoms of dyspepsia. At the same time it manifestly promotes the excretions, particularly that of urine. From all these effects, there is reason to conclude,

that in many disorders of the system this medicine may be highly useful.

An ointment of tar, which has been chiefly employed in cutaneous disorders, is directed in the dispensatory both of London and Edinburgh. In respect of tar, Dr Cullen informs us, that he had met with an empirical practice of a singular kind. "A leg of mutton is laid to roast; and whilst it continues roasting, a sharp skewer is frequently thrust into the substance of the mutton, to give occasion to the running out of the gravy; and with the mixture of the tar and gravy to be found in the dripping-pan, the body is to be anointed all over for three or four nights successively; whilst for the same time the same body-linen is to be worn. This is alleged to be a remedy in several cases of lepra; and I have had one instance of its being employed in a lepra ichthyosis with great success: but, for reasons readily to be apprehended, I have not had opportunities of repeating the practice."

TARTAR.

This is a substance which is thrown off from wines to the sides and bottom of the cask, and consists of the vegetable alkali supersaturated with acid. When taken from the cask, it is found mixed with an earthy, oily, colouring matter. It is purified by dissolving it in boiling water, and separating the earthy part by filtering the solution. This, while cooling, deposits irregular crystals, containing the colouring matter, which is separated by boiling the mass with white clay. The tartar, thus purified, is called cream

of tartar. If this be exposed to a red heat, its acid flies off, and what remains is the vegetable alkali, or salt of tartar.

Crystals of tartar are in common use as a laxative, and mild cathartic. They are also esteemed for their cooling and diuretic qualities, and therefore have been much employed in dropsies, and other cases requiring an antiphlogistic treatment. Dr Cullen says, "that in large doses they act like a purgative, in exciting the action of the absorbents in every part of the system, and that more powerfully than happens from the operation of any entirely neutral salt." Hence arises their utility in the cure of dropsies. It must, however, be remarked, that they do not readily pass off by the kidneys, unless taken with a large quantity of water; and therefore, when intended as a diuretic, they ought to be given in a liquid form, as Dr Holme has directed. The dose is to be regulated according to the circumstances, from a dram to two ounces.

THYME, GARDEN.

This herb has an agreeable aromatic smell, and a warm pungent taste. Bergius considers thyme as resolvent, emmenagogue, diuretic, tonic, and stomachic; but we find no disease mentioned in which its use is particularly recommended either by him or other writers. As agreeing in common with the natural order of the *verticillatæ*, its aromatic qualities may be found equally useful in some of those complaints for which lavender, sage, rosemary, &c. are usually employed.

TOBACCO.

Tobacco was first imported into Europe about the middle of the sixteenth century. The different sorts of tobacco and snuffs now prepared from this plant, are to be attributed to the difference of the climate and soil in which it is raised, and the peculiar mode of manufacture, rather than to any essential difference in its natural qualities. The vast consumption of tobacco, in the various ways of using it, sufficiently evinces the importance of an enquiry into its effects upon the body; and this having been treated with much attention by Dr Cullen, we are persuaded that no apology will be thought necessary for transcribing the sentiments of the learned professor on this interesting subject. "Tobacco (says he) is a well known drug, of a narcotic quality, which it discovers in all persons, even in small quantity, when first applied to them. I have known a small quantity of it snuffed up the nose produce giddiness, stupor, and vomiting; and when applied in different ways, in larger quantity, there are many instances of its more violent effects, even of its proving a mortal poison. In all these instances, it operates in the manner of other narcotics: but, along with its narcotic qualities, it possesses also a strongly stimulant power; perhaps with respect to the whole system, but especially with respect to the stomach and intestines; so as readily, even in no great doses, to prove emetic and purgative.

"By this combination of qualities, all the effects of tobacco may be explained; but I shall begin with consider-

ing its effects as they appear in the use of it as an article of living.

“ As such it has been employed by snuffing, smoking, and chewing ; practices which, as having been for two hundred years past common to all Europe, need not be described here. Like other narcotics, the use of it may be introduced by degrees ; so that its peculiar effects, even from large quantities employed, may not, or may hardly at all appear : but this does not at all contradict the account I have given of its quality with respect to persons unaccustomed to it ; for even in these, the power of habit has its limits ; so that in persons going but a little beyond the dose to which they have been accustomed, very violent effects are sometimes produced.

“ On this subject it is to be remarked, that the power of habit is often unequal ; so that in persons accustomed to the use of tobacco, a lesser quantity than what they had been accustomed to will often have stronger effects than had before commonly appeared. I knew a lady who had been for more than twenty years accustomed to take snuff, and that at every time of the day ; but she came at length to observe, that snuffing a good deal before dinner took away her appetite : and to find, that a single pinch, taken any time before dinner, took away almost entirely her appetite for that meal. When, however, she abstained entirely from snuff before dinner, her appetite continued as usual ; and, after dinner, for the rest of the day, she took snuff pretty freely, without any inconvenience.

“ This is an instance of the inequality of the power of habit in exerting its effects : but in what cases this may take place, we cannot determine, and must now go on in marking its usual and ordinary powers. When snuff, that is, tobacco in powder, is first applied to the nose, it proves a stimulus, and excites sneezing ; but by repetition that effect entirely ceases.

When snuff is first employed, if it be not both in small quantity and be not thrown out immediately by sneezing, it occasions some giddiness and confusion of the head ; but by repetition these effects cease to be produced, and no other effect of it appears in the accustomed, when not taken beyond the accustomed quantity. But even in the accustomed, when it is taken beyond the usual quantity, it produces somewhat of the same giddiness and confusion of head that it did when first employed ; and in several cases, these effects in the accustomed, depending on a larger dose, are not only more considerable, as they act on the sensorium, but as they appear also in other parts of the system, particularly in the stomach, occasioning a loss of appetite, and other symptoms of a weakened tone in that organ.

“ With respect to this, it is to be observed, that persons who take a great deal of snuff, though they seem, from the power of habit, to escape its narcotic effects, yet as they are often liable to go to excess in the quantity taken, so they are still in danger from these effects operating in an insensible manner ; and I have observed several instances of their being affected in the same manner as persons are from the long use of other narcotics, such as wine and opium ; that is, by a loss of memory, by a fatuity, and other symptoms of the weakened or senile state of the nervous system, induced before the usual period.

“ Among other effects of excess in snuffing, I have found all the symptoms of dyspepsia produced by it, and particularly pains of the stomach, occurring every day. The dependence of those upon the use of snuff became very evident from hence, that upon an accidental interruption of snuffing for some days, these pains did not occur ; but upon a return to snuffing, the pains also recurred ; and this alternation of pains of the stomach and of snuffing having occurred again, the snuff was entirely laid aside, and the pains did not recur for many months after, nor, so far as I know, for the rest of life.

“A special effect of snuffing is its exciting a considerable discharge of mucus from the nose ; and there have been several instances of headaches, toothachs, and ophthalmias, relieved by this means : and this is to be particularly remarked, that when this discharge of mucus is considerable, the ceasing or suppression of it, by abstaining from snuff, is ready to occasion the very disorders of headach, toothach, and ophthalmia, which it had formerly relieved.

“Another effect of snuff to be taken notice of is, that as part of the snuff is often carried back into the fauces, so part of this is often carried down into the stomach, and then more certainly produces the dyspeptic symptoms mentioned. These are the considerations that relate to snuffing ; and some of them will readily apply to the other modes of using this drug.

“Smoking, when first practised, shows very strongly the narcotic, vomiting, and even purging powers of tobacco, and it is very often useful as an anodyne ; but by repetition these effects disappear, or only show themselves when the quantity smoked is beyond what habit had before admitted of ; and even in persons much accustomed to it, it may be carried so far as to prove a mortal poison. From much smoking all the same effects may arise which we said might arise from excess of snuffing.

“With respect to the evacuation of mucus which is produced by snuffing, there are analogous effects produced by smoking, which commonly stimulates the mucous follicles of the mouth and fauces, particularly the excretories of the salivary glands. By the evacuation from both sources, with the concurrence of the narcotic power, the toothach is often greatly relieved by it ; but we have not found the smoking relieve headaches and ophthalmias so much as snuffing often does. Sometimes smoking dries the mouth and fauces, and occasions a demand for drink ; but as commonly the stimulus it applies to the mucous follicles and salivary

glands draws forth their liquids, it occasions on the other hand a frequent spitting.

“ So far as this is of the proper saliva, it occasions a waste of that liquid so necessary in the business of digestion; and both by this waste, and by the narcotic power at the same time applied, the tone of the stomach is often weakened, and every kind of dyspeptic symptoms are produced. Though in smoking a great part of the smoke is again blown out of the mouth, still a part of it must necessarily pass into the lungs, and its narcotic power applied there often relieves spasmodic asthma; and by its stimulant power it there also sometimes promotes expectoration, and proves useful in catarrhal or pituitous difficulty in breathing.

“ Smoking has been frequently mentioned as a means of guarding men against contagion. In the case of the plague, the testimony of Diemerbroeck is very strong; but Riverius and others give us many facts which contradict this; and Chenot gives a remarkable instance of its inutility. We cannot, indeed, suppose that tobacco contains an antidote of any contagion, or that, in general, it has any antiseptic power; and therefore we cannot allow that it has any special use in this case: but it is very probable, that this and other narcotics, by diminishing sensibility, may render men less sensible of contagion; and, by rendering the mind less active and anxious, it may also render men less liable to fear, which has so often the power of exciting the activity of the contagion. The antiloimic powers of tobacco are, therefore, on the same footing with those of wine, brandy, and opium.

“ The third mode of using tobacco is that of chewing it, when it shows its narcotic qualities as strongly as in any other way of applying it; though the nauseous taste of it commonly prevents its being carried far in the first practice. When the practice, however, is continued, as it is very difficult to avoid some part of it, dissolved in the sa-

liva, from going down into the stomach, so this, with the nausea excited by the taste, makes vomiting more readily occasioned by this than the other modes of applying it. They are the strong, and even disagreeable, impressions repeated, that give the most durable and tenacious habits; and therefore the chewing of tobacco is apt to become one of these; and it is therefore in this way that it is ready to be carried to the greatest excess, and to show all the effects of the frequent and large use of narcotics. As it commonly produces a considerable evacuation from the mouth and fauces, so it is the most powerful in relieving the rheumatic affection of toothach. This practice is also the occasion of the greatest waste of saliva; and the effects of this in weakening digestion, and perhaps from thence especially, its noted effect of producing emaciation may appear.

These are the effects of the different modes of employing tobacco, when it comes to be of habitual use and an article of living. These effects depend especially upon its narcotic power, and certain circumstances accidentally attending its application, and the nose and mouth; but as we have observed before, that beside its narcotic it possesses also a stimulant power, with respect to the alimentary canal,—by this it is frequently employed as a medicine for exciting either vomiting or purging, which it does as it happens to be more immediately applied to the stomach or to the intestines.

“An infusion of from half a dram to a dram of the dried leaves, or of these as they are commonly prepared for chewing, for an hour or two, in four ounces of boiling water, affords an emetic which has been employed by some practitioners, but more commonly by the vulgar only. As it has no peculiar qualities as an emetic, and its operation is commonly attended with severe sickness, it has not been, nor is it likely ever to come, into common practice with physicians.

“ It is more commonly employed as a purgative in clysters; and, as generally very effectual, it is employed in all cases of more obstinate costiveness; and its powers have been celebrated by many authors. I have known it to be in frequent use with some practitioners; and it is indeed a very effectual medicine; but attended with this inconvenience, that, when the dose happens to be in any excess, it occasions severe sickness at stomach; and I have known it frequently occasion vomiting.

“ It is well known, that in cases of obstinate costiveness, in ileus, and incarcerated hernia, the smoke of burning tobacco has been thrown into the anus with great advantage. The smoke operates here by the same qualities that are in the infusions of it above mentioned; but as the smoke reaches much farther into the intestines than injections can commonly do, it is thereby applied to a larger surface, and may therefore be a more powerful medicine than the infusions. In several instances, however, I have been disappointed of its effects, and have been obliged to have recourse to other means.

“ The infusion of tobacco, when it is carried into the blood-vessels, has sometimes shown its stimulant powers exerted in the kidneys; and very lately we have had it recommended to us as a powerful diuretic of great service in dropsy. Upon the faith of these recommendations we have now employed this remedy in various cases of dropsy, but with very little success. From the small doses that are proper to begin with we have hardly observed any diuretic effects; and though from larger doses they have in some measure appeared, we have seldom found them considerable; and when, to obtain these in a greater degree, we have gone on increasing the doses, we have been constantly restrained by the severe sickness at stomach, and even vomiting, which they occasioned; so that we have not yet learned the administration of this remedy so as to

render it a certain or convenient remedy in any cases of dropsy.

“The same circumstances have occurred to several other practitioners of this city and neighbourhood; and of late the trials of it have been very generally omitted, owing, perhaps, to our practitioners being directed at the same time to the use of the digitalis, with which they have had some more success.

“From some experiments, we are certain that tobacco contains a quantity of volatile parts that may be dissipated by long boiling in water; and that by such a practice its emetic, purgative, and narcotic qualities may be greatly diminished; and we are of opinion that the preparation in extract, as prescribed in the Wirtemberg Dispensatory, is upon a good foundation, and may be employed in pectoral cases with more advantage and safety than the simple infusion or decoction made by a short boiling only.

“When we were restrained in employing the infusion of tobacco as a diuretic as mentioned, we expected to succeed better with the decoction; and I have found that, by long boiling, this might be given in much larger doses than the infusion; but we still found it retaining so much of the emetic quality, that we could not employ it as a diuretic without being interrupted in its use by the same emetic quality that had interrupted the use of the infusion.

“Besides the internal uses of tobacco mentioned, I must now remark that it has likewise been commended for its virtues as externally employed. I have known the infusion employed with advantage as a lotion for some obstinate ulcers; but the many instances of its being absorbed, and proving thereby a violent poison, dissuade from such a practice, especially as there are other medicines of as much efficacy that may be employed with much more safety. Bergius recommends it to be employed as a fomentation in the paraphymosis; but we have had no opportunity of employing it.”

TORMENTIL.

This plant is found wild in woods and on commons. The root is the only part which is used medicinally: it has a strong styptic taste, but accompanied with a slight aromatic flavour. As a proof of its powerful astringency, it has been substituted for oak bark in the process of tanning. This root has been long held in great estimation by physicians as a useful astringent; and as it contains but a very inconsiderable portion of resin, it is more particularly adapted to those cases where the heating and stimulating medicines of this class are less proper, such as phthisical diarrhœas, bloody diarrhœas, &c. Dr Cullen thinks it has been justly commended for every virtue that is competent to astringents, and says,—“ I myself have had several instances of its virtues in this respect; and particularly I have found it, both by itself and as joined with gentian, cure intermittent fevers; but it must be given in substance, and in large quantities.”

This root may be given in powder, from half a dram to one dram or more for a dose; but it is more generally given in decoction. For this purpose an ounce and a half of the powdered root is directed to be boiled in three pints of water to a quart, adding, towards the end of the boiling, a dram of cinnamon. Of the strained liquor, sweetened with an ounce of any agreeable syrup, two ounces or more may be taken four or five times a-day.

TURPENTINE.

This is a resinous juice extracted from certain species of the fir-tree. There are four kinds of turpentine distinguished in the shops, viz. Chio or Cyprus turpentine, Venetian turpentine, Strasburg turpentine, and common turpentine.

The first of these turpentines is generally about the consistence of thick honey, very tenacious, clear, and almost transparent, of a white colour, with a cast of yellow, and frequently of blue. It has a warm, pungent, bitterish taste, and a fragrant smell, more agreeable than any of the other turpentines.

The Venetian turpentine is usually thinner than any of the other sorts, of a clear whitish or pale yellowish colour, a hot, pungent, bitterish, disagreeable taste, and a strong smell, without any thing of the fine aromatic flavour of the Chian kind.

The Strasburg turpentine, as generally met with, is of middle consistence betwixt the two foregoing, more transparent and less tenacious than either; its colour a yellowish brown. Its smell is very fragrant, and more agreeable than that of any of the other turpentines except the Chian. In taste it is the bitterest, yet the least acrid.

Common turpentine is the coarsest and heaviest, in taste and smell the most disagreeable of all the sorts. It is about the consistence of honey, of an opaque, brownish white colour.

All these juices yield, in distillation with water, a very penetrating essential oil,—a brittle insipid resin remaining behind. With regard to their medical virtues, they promote urine, cleanse the urinary passages, and deterge internal ulcers in general; and, at the same time, like other bitter hot substances, strengthen the tone of the vessels. They have an advantage above most other acrid diuretics, that they gently loosen the belly. Half an ounce or an ounce of Venice turpentine, triturated with the yolk of an egg, and diffused in water, may be employed in the form of an injection, as the most certain laxative in colics, and other cases of obstinate costiveness. They are principally recommended in gleet and the fluor albus. By some, also, they are considered as useful in calculous complaints: where these proceed from sand or gravel, formed into a mass by viscid mucous matter, the turpentine, by dissolving the mucus, promote the expulsion of the sand: but where a stone is formed they can do no service, and only ineffectually irritate and inflame the parts. In all cases accompanied with inflammation, these juices prove hurtful, as this symptom is increased and not unfrequently occasioned by them. It is observable, that the turpentine impart, soon after taking them, a violet smell to the urine; and have this effect, though applied only externally to the remote parts, particularly the Venice sort. The latter is accounted the most powerful as a diuretic and detergent, and the Chian and that of Strasburg as corroborants. The common turpentine, as being the most offensive, is rarely given internally,—its principal use being in plasters and ointments among farriers, and for the distillation of the oil, or spirit, as it is called.

The dose of the turpentine is from a scruple to a dram and a half. They are most commodiously taken in the form of a bolus, or dissolved in watery liquors by means of the yolk of an egg or mucilage. Of the distilled oil a few drops are a sufficient dose. This is an extremely powerful,

stimulating, detergent diuretic, and requires the utmost caution in its exhibition. When recourse is had to it, it should therefore be given at first in very small doses, and gradually increased.

VALERIAN, WILD.

This grows on open, dry, and mountainous places; and, taken up in autumn or winter, has much stronger sensible qualities than that collected in spring and summer. The root is a medicine of great use in nervous disorders, and is particularly serviceable in epilepsies proceeding from a debility of the nervous system. It is said, however, that in some cases of epilepsy, at the Edinburgh Dispensary, it was given to the extent of two ounces a day without effect. It has been employed with success in several other complaints termed nervous, particularly those produced by increased mobility and irritability of the nervous system. Bergius states its virtues to be antispasmodic, diaphoretic, emmenagogue, diuretic, and anthelmintic. Dr Cullen says, "its antispasmodic powers are very well established, and I trust to many of the reports that have been given of its efficacy; and if it has sometimes failed, I have just now accounted for it*: adding only this, that it seems to me, in almost all cases, it should be given in larger doses than is commonly

* From the disease depending upon different causes, and from the root being frequently employed in an improper condition.

done. On this footing I have frequently found it useful in epileptic, hysteric, and other spasmodic affections." In dimness of sight, Dr Fordyce recommends it very highly. It should be given in doses from a scruple to two drams or more; in infusion from one to two drams. Its unpleasant flavour is most effectually concealed by the addition of a little mace.

VINE, COMMON.

The vine is a native of most of the temperate parts in the different quarters of the world, and is successfully cultivated in our hemisphere between the thirtieth and fifty-first degrees of latitude. By the difference of soil and climate, numerous varieties of grapes are produced, affording wines extremely various in colour, taste, and other qualities. The leaves and tendrils of the vine have an astringent taste, and were formerly used in diarrhœas, hæmorrhages, and other disorders requiring cooling and styptic medicines, but have for a long time been disused. The trunk of the tree, wounded in the spring, yields a limpid juice, which has been recommended in calculous disorders, and is said to be an excellent application to weak eyes and specks in the cornea. The unripe fruit has a rough sour taste: its expressed juice, called verjuice, was much esteemed by the ancients, but is now superseded by the juice of lemons. For external use, however, particularly in bruises and strains, verjuice continues to be employed, and is generally regarded as a very useful application.

The dried fruit constitutes an article of the *Materia Medica*, under the name of *Uva Passa*, of which the dispensatories formerly mentioned two kinds, viz. *uvæ passæ majores et minores*, or raisins and currants; the latter being a variety of the former. The manner in which they are prepared, is by immersing them in a solution of alkaline salt, and soap ley made boiling hot; to which is added some olive oil, and a small quantity of common salt; and afterwards drying them in the shade. These fruits are used as agreeable, lubricating, acescent sweets, in pectoral decoctions; and for obtunding the acrimony of other medicines, and rendering them grateful to the palate and stomach.

From this tree is obtained wine, or the fermented juice of the grape, of which there is a great variety. By medical writers it has principally been confined to four sorts, as sufficient for the purposes of pharmacy: these are, white Spanish wine, or mountain; Canary, or sack; Rhenish wine; and red port.

It appears, from chemical investigation, that all wines consist chiefly of water, alcohol, a peculiar acid, the ærial acid, tartar, and an astringent, gummy, resinous matter, in which the colour of red wines resides, and which is expressed from the husks of the grapes. They differ from each other in the proportion of these ingredients, and particularly in that of the alcohol which they contain.

The qualities of wines depend not only upon the difference of the grapes, as containing more or less saccharine juice, and of the acid matter which accompanies it, but also upon circumstances attending the process of fermentation. Thus, if the fermentation be incomplete, the wine may contain a portion of Must, or unassimilated juice; or if it be too active, or too long protracted, it may be converted into vinegar.

New wines, when taken into the stomach, are liable to contract a strong degree of acescency, and thereby occasion much flatulence and acid eructations. Heartburn and

violent pains of the stomach, from spasms, are also frequently produced ; and the acid matter, by passing into the intestines, and mixing with the bile, is apt to occasion colics, or excite diarrhœas. Sweet wines are likewise more disposed to become acescent in the stomach than others ; but as the quantity of alcohol which they contain is more considerable than appears sensibly to the taste, their acescency is thereby in a great measure counteracted. Red port, and most of the red wines, have an astringent quality, by which they strengthen the stomach, and prove useful in restraining immoderate evacuations : on the contrary, those which are of an acid nature, as Rhenish, pass freely by the kidneys, and gently loosen the belly. But this, and perhaps all the thin or weak wines, though of an agreeable flavour, yet, as containing little alcohol, are readily disposed to become acetous in the stomach, and thereby to aggravate all arthritic and calculous complaints, as well as to produce the effects of new wine.

The general effects of wine are, to stimulate the stomach, exhilarate the spirits, warm the habit, quicken the circulation, promote perspiration, and, in large quantities, to prove intoxicating and powerfully sedative.

In many disorders, wine is admitted to be of important service, and especially in fevers of a putrid tendency, in which it is found to raise the pulse, support the strength, promote a diaphoresis, and to resist putrefaction. In many cases it proves of more immediate advantage than the Peruvian bark. Delirium, which is the consequence of excessive irritability, and a defective state of nervous energy, is often entirely removed by the free use of wine. It is also a well-founded observation, that those who indulge in the use of wine are less subject to fevers, both of the malignant and intermittent kind. In the putrid sore throat, in the small pox, when attended with great debility and symptoms of putrescency, in gangrenes, and in the plague, wine deserves to be considered as a principal remedy. In

all cases of languors, likewise, and of great prostration of strength, wine is experienced to be a more grateful and efficacious cordial than can be furnished from the whole class of aromatics.

Another article connected with the present subject is vinegar, the best kind of which is made from wine. It is esteemed of great use in all inflammatory and putrid disorders, whether internal or external. In ardent, bilious fevers, pestilential, and other malignant distempers, it is recommended by Boerhaave as one of the most certain sudorifics. Weakness, fainting, vomiting, hysterical, and hypochondriacal complaints, have been frequently relieved by vinegar applied to the mouth or nose, or received into the stomach. It is very efficacious in counteracting the effects of vegetable poisons, especially those of the narcotic kind. Inhaled in the form of vapour, it is found useful in the putrid sore throat: vinegar likewise has been given successfully in maniacal cases, and the symptoms usually consequent to the bite of a mad dog.

WAKE-ROBIN.

This plant, otherwise called arum, grows wild under hedges, and by sides of banks, in most parts of England. All the parts of the arum, in a recent state, are extremely pungent and acrimonious, but the root only is employed medicinally. If but lightly chewed, it excites an intolerable sensation of heat and pungency for some hours, accompanied with considerable thirst; and when cut in slices

and applied to the skin, it has been known to produce blisters. This acrimony, however, is gradually lost by drying, and may be so far dissipated by the application of heat, as to leave the root a mild farinaceous aliment *. Arum is doubtless a very powerful stimulant, and, by promoting the secretions, may be advantageously employed in cachectic and chlorotic cases, in rheumatic affections, and various other complaints of phlegmatic and torpid constitutions; but particularly in a relaxed state of the stomach, occasioned by the prevalence of viscid mucus. When the root is given in powder, great care should be taken that it be young and newly dried. In such a state, it may be used in the dose of a scruple or more twice a day; but in rheumatisms, and other disorders requiring the full effect of this medicine, the root should be given in a recent state; and, to cover the intolerable pungency it discovers on the tongue, Dr Lewis advises to administer it in the form of emulsion, with gum-arabic, and spermaceti, increasing the dose from ten grains to upwards of a scruple three or four times a-day. In this way, it generally occasions a sensation of slight warmth about the stomach, and afterwards in the remoter parts, manifestly promotes perspiration, and frequently produces a plentiful sweat.

* In this state it has been made into a wholesome bread. It has also been prepared as starch. The root, dried and powdered, is used by the French to wash the skin with, and is sold at a high price, under the name of Cypress-powder, which is a good and innocent cosmetic.

WATER-CRESSES.

This plant grows wild in rivulets, and the clearer standing-waters; its leaves remain green all the year, but are in greatest perfection in the spring. They have a pungent smell, when rubbed betwixt the fingers, and an acrid taste, similar to that of scurvy-grass, but weaker. In respect of medicinal qualities, they are ranked among the milder aperient antiscorbutics. Hoffman entertained a high opinion of this plant, and has recommended it as of singular efficacy for accelerating the circulation, strengthening the viscera, opening obstructions of the glands, promoting the fluid secretions, and purifying the blood and humours. For these purposes the expressed juice, which contains the peculiar taste and pungency of the herb, may be taken in doses of an ounce or two, and continued for a considerable time. It is observed, that the juice of Seville oranges or other acids, when joined to that of water-cresses, scurvy-grass, and plants of the same nature, renders their operation more successful, by determining them more powerfully to an acescent fermentation.

The water-cresses are frequently eaten as sallad, and taken in this way daily for a considerable time, under the idea of their being a good corrector of the blood and humours. The garden-cresses possess the same virtues, but in a much weaker degree.

WOLFS'BANE.

This plant, the aconitum of the ancients, is a native of the mountainous and woody parts of Germany, France, and Switzerland; but since the time of Gerard, it has been cultivated for ornament in most of the flower-gardens in this country. Wolfs'bane, when first gathered, has a strong smell, but no peculiar taste. Every part of the fresh plant is strongly poisonous, but the root is unquestionably the most powerful, and when first chewed imparts a slight sensation of acrimony, but afterwards an insensibility, or stupor at the apex or point of the tongue; and a pungent heat of the lips, gums, palate, and fauces, is perceived, followed with a general tremour and sensation of chillness. Though the plant loses much of its power by drying, yet Stoerck observes that, when powdered and put upon the tongue, it excites a durable sense of heat, and sharp, wandering pains, but without redness or inflammation. The juice applied to a wound seemed to affect the whole nervous system; even by keeping it long in the hand, or in the bosom, we are told that unpleasant symptoms have been produced. That the ancients considered the aconitum as the most destructive of vegetable productions, appears from their fanciful derivation of its origin, which they ascribed to the invention of Hecate, or the foam of Cerberus. The deleterious effects of this plant, like those of most vegetable poisons, are produced by its immediate action upon the nervous energy. It occasions giddiness, convul-

sions, violent purging both upwards and downwards, faintings, cold sweats, and even death itself.

Dr Stoerck appears to be the first who gave the wolfsbane internally; and since his experiments were published, in 1762, it has been generally, and often successfully employed in Germany, and the northern parts of Europe, particularly as a remedy for obstinate rheumatisms; and many cases are related where this disease was of several years duration, and had withstood the efficacy of other powerful medicines, as mercury, opium, antimony, cicuta, &c. yet in a short time were entirely cured by the aconitum. Instances are also given of its good effects in gout, scrophulous swellings, venereal nodes, decays, or loss of sight, intermittent fevers, &c.

Wolfsbane has been generally administered in extract, or inspissated juice. Like all virulent medicines, it should be at first exhibited in small doses. Stoerck recommends two grains of the extract to be rubbed into a powder, with two drachms of sugar, and to begin with ten grains of this powder two or three times a day. We find, however, that the extract is often given from one grain to ten for a dose, and Stoll, Schenckbecher, and others, increased this quantity very considerably. Instead of the extract, a tincture has been made of the dried leaves, macerated in six times their weight of spirits of wine, and forty drops given for a dose.

WORM-SEED.

This is the top of the *santonicum*, a plant of the worm-wood or mugwort kind, growing in the Levant. Worm-seed is small, light, oval, composed as it were of a number of thin membranous coats, of a yellowish green colour, with a cast of brown; easily friable on being rubbed between the fingers, into a fine, chaffy kind of substance. It has a moderately strong and not agreeable smell, somewhat of the wormwood kind; and a very bitter, subacid taste.

The seeds are esteemed to be stomachic, emmenagogue, and anthelmintic; but it is for the last-mentioned power in particular that they are usually administered; and from their efficacy in this way they obtained the name of worm-seed. Their quality of destroying worms has been ascribed solely to their bitterness; but it appears from Baglivi, that worms immersed in a strong infusion of these seeds were killed in five, and according to Redi, in seven or eight hours, while in the infusion of worm-wood, and in that of agaric, the worms continued to live more than thirty hours; and hence it has been inferred, that their vermifuge effects could not wholly depend upon the bitterness of this seed. To adults, the dose in substance is from one to two drachms twice a-day. Lewis thinks that the spirituous extract is the most eligible preparation of the *santonicum* for the purposes of an anthelmintic.

WORMWOOD, COMMON.

The leaves of this sort of wormwood are divided into roundish segments, of a dull green colour above, and whitish underneath. It grows wild in several parts of England; but about London large quantities are cultivated for medicinal use. It flowers in June and July; and, after having ripened its seeds, dies down to the ground, except a tuft of the lower leaves, which generally abides the winter.

The leaves of wormwood have a strong, disagreeable smell; their taste is nauseous, and so intensely bitter as to be proverbial. The flowers are more aromatic and less bitter than the leaves; and the roots discover an aromatic warmth without any bitterness.

Wormwood was formerly much used as a bitter, against weakness of the stomach, and dyspeptic complaints, in medicated wines and ales. At present it is rarely employed in these intentions, on account of the ill relish and offensive smell with which it is accompanied: but from these it may be in part freed by keeping, and totally by long coction, the bitter remaining entire. An extract made by boiling the leaves in a large quantity of water, and evaporating the liquor with a strong fire, proves a bitter sufficiently grateful, and void of the nauseous flavour of the herb.

This species of wormwood may be considered as the principal of the herbaceous bitters; and though it is now chiefly employed as a tonic and stomachic, yet we are told of its good effects in a great variety of diseases, such as intermittent fevers, hypochondriac disorders, obstructions of the liver and spleen, gout, the stone, the scurvy, dropsy,

worms, &c. Lindestolphe has asserted, that a continued use of this herb is extremely hurtful to the nervous system, from its narcotic and debilitating effects, which he experienced upon himself; observing also, that he could never taste the extract or essence of wormwood without being immediately affected with head-ach and inflammation of the eyes; and it is added, both by him and his commentator Stenzelius, that this herb produced similar effects on many others. These narcotic effects of wormwood have, however, been attributed to a peculiar idiosyncrasy, as numerous instances have occurred in which this plant produced a contrary effect, though taken daily for the space of six months. Dr Cullen, speaking on this subject, says, "I have not had an opportunity of making proper experiments; but to me, with Bergius and Gleditsch, the odour of wormwood seems temulentans, that is, giving some confusion of head: and formerly, when it was a fashion with some people in this country to drink purl, that is, ale, in which wormwood is infused, it was commonly alleged to be more intoxicating than other ales. This effect is improperly supposed to be owing to its volatile parts: but I am more ready to admit the general doctrine of a narcotic power; and I believe, from several considerations, particularly from the history of the Portland powder, that there is in every bitter, when largely employed, a power of destroying the sensibility and irritability of the nervous power.

Externally, wormwood is used in discutient and antiseptic fomentations. This plant may be taken in powder, but it is more commonly preferred in infusion. The Edinburgh Pharmacopœia directs a tincture of the flowers, which is, in the opinion of Dr Cullen, a light and agreeable bitter, and at the same time a strong impregnation of the wormwood.

YARROW.

This plant is frequent about the sides of fields, and on dry commons, maintaining its flowers during the greater part of summer. The leaves have a rough, bitterish taste, and a faint, aromatic smell. The virtues of the millefolium are those of a mild astringent, for which it was held in esteem among the ancient Greek writers. Instances of its good effects in hæmorrhagic complaints are likewise mentioned by several eminent German physicians, particularly by Stahl and Hoffman, who also recommended it as an efficacious remedy in various other diseases. The former found it not only an astringent, but also a powerful tonic, antispasmodic, and sedative. In proof of the last-mentioned quality, we find that in some parts of Sweden the millefolium is used in making beer, for the purpose of rendering it more intoxicating: and Sparrman has observed, that it is employed with the same intention in some parts of Africa. The leaves and flowers of milfoil are both directed for medicinal use in the Edinburgh Pharmacopœia. In the present practice, however, this plant is not regarded in any degree conformable to its reputed qualities and effects.

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